



PRESS RELEASE

NEW SEASON: Forgive & Forget

TX: Tuesday 12 October at 9PM

Emotional stories of family reunions, making amends for past hurts and forgiveness come together in the local reality show *Forgive & Forget*, returning to e.tv for its fourth season on Tuesday 12 October 2010. Host Doris Msibi presents twelve heart-warming episodes on Tuesdays at 9PM.

As South Africans we have an amazing capacity for forgiveness and reconciliation. *Forgive & Forget* aims to help South Africans mend their broken relationships by seeking forgiveness and by showing them that while they can't undo what they've already done they can take the first step towards making amends by reaching out to those they've wronged.

e.tv's local productions manager Lynn Gaines says: "Forgive & Forget shows the power of forgiveness and that it is an important step in the journey towards recovery."

About The Show

Host Doris Msibi and the *Forget & Forget* team travel around South Africa to help participants seek forgiveness, recording their journeys as they try to reconnect with their loved ones. Participants secretly perform gestures of goodwill for the person they've wronged. These gestures, together with the wronged person's response are captured on camera. The wronged person has absolutely no idea what is happening until Doris steps in and shows them the participant's apology message as viewers anxiously wait to find out whether the apology will be accepted, and whether broken bonds will be repaired.

About The Host

e.tv's *Forgive & Forget* host Doris Msibi, has a great interest in coaching self development. She owns and manages her own business which offers coaching programmes such as communications skills, business and social etiquette, image consultancy and career guidance.

Former Miss Soweto and Mrs. Globe South Africa 2006/07, Doris has been awarded the rights to run the Right Living Programme, a personal empowerment programme derived by Dr. Tracy Kemble, president of the Woman In Need and Mrs Globe Foundations in California, USA.

Episode One

In this debut episode of *Forgive & Forget*, we meet Nomthandazo who wants to reunite her father and aunt. They have not spoken to each other since a family dispute in 2007 and Nomthandazo would like nothing more than for her father and aunt to forgive each other as the tension between them is tearing the family apart.

For more information and pictures, please contact Sean Samson at e.tv on 021 481 4723 or sean.samson@etv.co.za.