

Basic Mental Health Awareness



24 Jul 2024

09:00 – 13:00

Venue

Online

Facilitators

*Kevashini Govender-Naidoo &
Ayesha Booley-Schreuder
(Impilo Consultants)*

Mental illness in the workplace leads to decreased productivity, absenteeism, poor work quality, wasted materials and even compromised workplace safety. Furthermore, it is often not prioritised and then goes undetected. As a result, not prioritising mental illness or being unable to detect mental illness in the workplace causes significant financial loss to employers and the South African economy.

Teamwork and group effectiveness



31 Jul 2024

09:00 – 13:00

Venue

Online

Facilitators

*Kevashini Govender-Naidoo &
Ayesha Booley-Schreuder
(Impilo Consultants)*

"The whole is greater than the sum of its parts" - Aristotle. Without effective teamwork, the capacity for collaboration and innovation can impact greatly on productivity and staff morale and, in its extreme form, holds the danger of great losses to an organisation by way of absenteeism and high turnover. This workshop explores the importance of teamwork in organisational success and how to revive and thrive through effectively utilising principles such as psychological safety, shared purpose, meaning and impact.

Employee Wellness Program Information Session



13 Aug 2024

09:00 – 10:00

Venue

Online

Facilitators

*Shibu Mamabolo &
Life Health Solution Consultant*

To raise awareness and promote the EAP services plus the relationship and involvement of the external service provider. To educate staff of the role players involved in the Employee wellbeing offerings and how staff can maximise accessing such services.

Working with Trauma



16 Aug 2024
09:00 – 13:00

Venue
*Africa Centre for
HIV/AIDS Management*
44 Banghoek Rd,
Stellenbosch Central,
7600

Facilitator
*Mr. Anthony Hawthorn
(AnT Consulting)*

An overview of trauma and how to navigate the effect it may have on an individual and workplace.

The impact of relationships and personal problems in the workplace



28 Aug 2024
09:00 – 13:00

Venue
Online

Facilitators
*Kevashini Govender-Naidoo &
Ayesha Booley-Schreuder
(Impilo Consultants)*

Life events such as personal problems (Eg: injury or illness), and relationship difficulties (Eg: with a spouse or partner), can cause considerable stress. Accumulative stress of this nature can often carry into the workplace and can even cause mental health issues and other comorbid health issues. Without the necessary proactive support and intervention, organisational performance can suffer. This workshop takes a closer look at the often-blurry lines between our personal and work lives in the face of stressful life events, and some of the ways in which to navigate this.

Work-Life Harmony



25 Sep 2024
09:00 – 13:00

Venue
Online

Facilitators
*Kevashini Govender-Naidoo &
Ayesha Booley-Schreuder
(Impilo Consultants)*

Constant connectivity, rapidly changing working environments, and mounting personal commitments can place strain on our finite time resources. The stress associated with an unbalanced lifestyle is costly, damaging productivity and increasing the risk of poor health. This workshop will equip leaders and employees to assess their current work-life balance and develop tools and strategies to sustain and balance work and personal life for better productivity and well-being.

Managing stress, conflict and strategic communication



11 Oct 2024
09:00 – 15:00

Venue
*Africa Centre for
HIV/AIDS Management
44 Banghoek Rd,
Stellenbosch Central,
7600*

Facilitator
*Mr. Anthony Hawthorn
(AnT Consulting)*

Learn about the techniques and tools to manage stress and integrate a healthy and balanced lifestyle at home and work. Strategies of communication to address contradictory perceptions and notions in the workplace.

Basic Mental Health Awareness



23 Oct 2024
09:00 – 13:00

Venue
Online

Facilitators
*Kevashini Govender-Naidoo &
Ayesha Booley-Schreuder
(Impilo Consultants)*

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Race: Why can't we just talk about it?



30 Oct 2024
09:00 – 13:00

Venue
Online

Facilitators
*Kevashini Govender-Naidoo &
Ayesha Booley-Schreuder
(Impilo Consultants)*

Difference in race between people has always been recognised and felt in groups but rarely is it ever openly engaged with or discussed. Raising issues of race or racism at work often creates a deep discomfort, anxiety, and fear for all involved. Quick fix interventions or short-term performative actions fosters resentment, anger and even greater mistrust, fear and disengagement between employees and towards the organisations.

Boundary setting in the workplace



15 Nov 2024
09:00 – 13:00

Venue
Online

Facilitators
*Kevashini Govender-Naidoo &
Ayesha Booley-Schreuder
(Impilo Consultants)*

Boundaries are an essential part of life, and the skill of boundary setting is crucial to maintaining our emotional and overall wellbeing. Without boundary setting, we can easily fall victim to burnout. This is even more crucial as part of a 21st century lifestyle when our personal, career and family lives have become fast paced as we all struggle to some degree with finding and maintaining a healthy balance to thrive.

Employee Wellness Program Information Session



20 Nov 2024
09:00 – 10:00

Venue
Online

Facilitators
*Shibu Mamabolo &
Life Health Solution Consultant*

To raise awareness and promote the EAP services plus the relationship and involvement of the external service provider. To educate staff of the role players involved in the Employee wellbeing offerings and how staff can maximise accessing such services.