



FOUNTAIN OF YOUTH

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The *Fountain of Youth* is a legendary spring that reputedly restores the youth of anyone who drinks of its waters. The *Fountain of Youth* organisation positions itself as a "resource pool" from which many young people in SADC can "quench their thirst" for making a difference to the reconstructive development of their respective countries, people and communities.

Do you lack self-confidence and want to develop and build your self-esteem?

Do you want to be role model and change agent in your community?

Do you want to consciously live a balanced, healthy and meaningful life?

Do you want to learn about entrepreneurship as your possible future career?

Fountain of Youth NPO is offering self-esteem development and training workshops for young people who are interested in developing themselves and improving their prospects of reaching success and wellness. The modules that the training covers are:

- Self-Awareness and Development
- Self-Discipline and Management
- Building Self-Esteem
- Building Resilience to Bad Temptations
- Positive Lifestyle Awareness
- Communication Skills and Branding Yourself
- Boosting your Life Skills through Volunteering
- Communication and Relationship Management (including Stress)
- Conflict Management and Dispute Resolution
- Positive Parenting
- Decolonising your mind, attitude and beliefs
- Understanding My Rights
- Income Generation Ideas, Projects or Initiatives
- Public Participation in Democratic Society
- Democracy Education and Civic Participation
- Sex and HIV/AIDS Education
- Health and Hygiene Education / Training
- Dangers of Gambling, Substance Consumption and Abuse
- Environmental and Water Education, and Conservation
- Road Safety Awareness and Education



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These training modules are offered at venues near you. Interested young people should contact our office as per contact details mentioned above. For more information about our organisation, please contact us directly to request information about us or enquire more when you call – ask for Matome. Our working hours: 09h00 – 17h00 (weekdays)

Our website is <http://fountainofyouthnpo.yolasite.com>

We can only accommodate a limited number of participants per week and registrations will be accepted on a first come basis. Workshops are held daily, Mondays to Thursdays for unemployed youths and Saturdays.