



NPO Number: 086/977

# FOUNTAIN OF YOUTH

PO Box 11257 Johannesburg, 2000 Telephone No: +27 (0)74 107 4585 / Fax Number: +27 (0)86 662 7040

E-mail Address: [sayouthunlimited@gmail.com](mailto:sayouthunlimited@gmail.com) <http://safountainofyouth.yolasite.com/>

## PROFILES OF WORKSHOPS

***Book for the next workshop (Personal Development & Youth Leadership)***

Date & Cost	Personal Development and Young Leadership Workshops	Description	Venue
Mondays Weekly Confirmed one week in advance	What makes you special? <ul style="list-style-type: none"> <li>○ Myths, understanding &amp; concerns</li> <li>○ Importance of Self-Awareness</li> <li>○ Knowledge-Attitude-Practice Lifestyle Challenge</li> </ul>	What makes you special? The importance of personal development is the teachings that we can learn to live our lives 'fully' and pursue our hobbies and passions.	Venues mostly at the nearest location where most of the trainees reside.
Tuesdays	Developing yourself, abilities and unlocking potential	Your skill and our ability to manage yourself directly affect the extent to which you can unlock your capabilities and doors of opportunities. As human beings we all have amazing potential. Sadly over time many of us end up in a position where we get into a rut and a whole batch of our potential lies dormant.	Venues mostly at the nearest location where most of the trainees reside.
Wednesdays	Unleashing possibilities and your potential	Are you living up to your full potential? Realise your full potential in all areas of your life. Anyone can unleash the full potential of their inner self. Personal development is a crucial part of life for many people wanting to achieve anything which they have not achieved before. The future belongs to those who see possibilities.	Venues mostly at the nearest location where most of the trainees reside.
Thursdays	Boosting your self confidence	There are people who are quite confident when it comes to handling themselves in front of others. Through this workshop, you can benefit from the sessions by boosting up their self confidence through the tools used during all course of the workshops.	Same



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Fridays	Developing your personal brand?	Personal branding is the relationships an individual has with its public - essentially personal public relations. How others feel about your personal brand? Developing your own unique personal brand is very important for personal success. Your personal brand is the reflection of what already exists — your unique strengths, qualities, and talents. You can develop a brand called YOU.	Venues mostly at the nearest location where most of the trainees reside.
Saturdays	Decolonising your mind		Same
Mondays	Self-development opportunities: Options	Personal development is about leading a more positive and powerful life.	Same
Tuesdays	Your Options and the power to choose and decide		Same
Wednesdays	Self-development opportunities: Options	Personal development is about leading a more positive and powerful life.	Same
Thursdays	Career options:	Career opportunities: What are they and how to qualify or apply for a career of your choice?	Venues mostly at the nearest location where most of the trainees reside



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Saturdays	How to effectively manage your Personal Finance?	Are you struggling to make ends meet when it comes to your personal finances? You need to find out your exact financial situation. To do this you must gather as much accurate information on your personal finances as you can. In these days of economic hardship, more and more people are being forced to look at their expenses very carefully in order to make ends meet. However, it should not require a recession or major job cut scares to put this basic discipline in place and in fact, we should teach ourselves and our children to practice this basic discipline all the time. So, what is required to maintain a home budget? Managing personal finance is a very important skill that everyone must master. The workshop serves as a guide on how to take control of your personal finances and build sound financial management skills for the rest of your life.	Venues mostly at the nearest location where most of the trainees reside.
Mondays	Post-matric study opportunities: where and how to apply for them?		Same
Tuesdays	Good careers without Grade 12 qualification, diploma or degree		Same



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Wednesdays	Good careers with only a Grade 12 qualification		Same
Thursdays	Good careers without a degree		Same
Fridays	Developing a job search strategy: Effective job-hunting options – Do's and Don'ts	Developing your career and finding a new job can take over your life if you are not careful. Before you begin your job search campaign you must have a Personal Marketing Strategy. You should look at the job search as a marketing campaign, with you, the job seeker, as the product. Every product, even the best ones, won't succeed without a strong marketing strategy. This begins with a comprehensive, yet flexible plan.	Venues mostly at the nearest location where most of the trainees reside
Saturdays	Building resilience in a turbulent world	<p>Death, illness, relationships, crime, survival, violence, competition – fear, paranoia, doubt, distrust, anxiety, pressure, demands of life, retrenchment. These are just the many realities and challenges we are faced with.</p> <p>In today's environment, we need to develop strengths, acquire skills to cope, recover from hardships, and be prepared for future challenges. We need to be resilient in order to succeed in life. If we cannot cope with life's challenges or if we do not have the means to cope, how do we empower or equip our children with the tools and resources they need to respond to the challenges of adolescence and young adulthood and to navigate successfully in adulthood. It is not too late to develop the skills and equip ourselves to have the inner and outer 'muscles' and strength to overcome and manage what life 'throws' at us.</p>	Venues mostly at the nearest location where most of the trainees reside.



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Mondays	Life after retrenchment or after losing your job – confronting unemployment	<p>When you lose a job, for whatever reason, it hits you hard. Your self-worth, identity and direction are challenged. You begin to ask yourself who you really are and what your value is. <i>Do others really care? Does God care? Everything you do get filtered through these lenses.</i></p> <p>Depression, fear and anxiety are all common feelings during times like these. You may wonder how your family will pay the bills. Will your spouse have to take another job? How can you regain your self-confidence? This reality provides a new foundation for thinking about the next stage of their life; and this is what the workshop tries to do and achieve.</p>	Venues mostly at the nearest location where most of the trainees reside.
Tuesdays	Understanding your rights		Same
Wednesdays	Changing a career	<p>The average an employed South African will change careers three to five times before retirement. Changing a job or career may a very uncomfortable experience that very few people would welcome easily. However, this could be an opportunity for you to reappraise one's life aspirations and career goals.</p> <p>The workshop explains the significance of changing your career and how this differs to simply changing a job. We provide advice and guidelines on things to do when considering changing your career path and how to implement a successful career change plan and budget.</p>	
Thursdays	What will destroy your life or career or future		Same



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Fridays	Writing a marketable CV: Do's and Don'ts of preparing or writing your CV	Many people are familiar with the function of a CV ("course of life"), however a substantial number of people do not have appropriate and sufficient experience or information of preparing a formal CV – in other ways, the type of information needed from your applications for employment. Learning to <i>prepare</i> a good CV now will aid you throughout <i>your</i> professional life. It is a living, not a static, document that needs to be continually updated as new experiences or accomplishments are completed.	Venues mostly at the nearest location where most of the trainees reside.
Mondays	Effectively preparing for a job interview: Job interview Do's and Don'ts	If you are going for a job <i>interview</i> you must be prepared and ready. One of the reasons why first time interviewees fail is the inability to answer questions asked by the interviewer. If you are being interviewed you must always get ready for unexpected questions. Some interviewers try to test you. They want to make you sweat before you could have that job you are longing for. If you are not prepared then you will fail the interview which means that you cannot be hired for the job offered. At this workshop, you will learn keys to successful job interviewing. Follow these simple rules and you should achieve success in this important phase of job hunting.	Venues mostly at the nearest location where most of the trainees reside.
Tuesdays	What is entrepreneurship – Do you have the entrepreneur in you?	Why are so many people becoming interested in <i>entrepreneurship</i> ? Are entrepreneurs born or can they be made? What is a small business? The workshop provides information and insight on what it takes to be an entrepreneur. The facilitation process used is intended to inspire young people and other aspiring entrepreneurs to recognise business opportunities and to plan for successful futures.	Venues mostly at the nearest location where most of the trainees reside.
Wednesdays	What will destroy your new business?		Same



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Thursdays	Types of businesses you can pursue? What are the pros and cons of each of these businesses?		Venues mostly at the nearest location where most of the trainees reside.
Fridays	Writing a business plan: Do's and Don'ts of preparing or writing a business plan		Venues mostly at the nearest location where most of the trainees reside.
Saturdays	What systems will your business need to ensure it will become stable in the future?		Venues mostly at the nearest location where most of the trainees reside.
Saturdays	Developing a marketing strategy or plan for your business – what will you need to market your business		Venues mostly at the nearest location where most of the trainees reside.