CONTACT DETAILS

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NORTHERN CAPE Kimberly Full Service Branch Old Telkom Building, 64 - 70 De Toit Span

NORTH WEST Rustenburg Full Service Branch 39 Heystek Street, (next to SARS) Rustenburg

DISTRICT CENTERS:

Mopani District Office 27 Agatha Street, Elita Flat no.5 Central Park, Tzaneen

THULAMAHASHE Bushbuckridge Local Municipality Office, Old Bohlabela BLD, Bushbuckridge Main Road.

SEKHUKHUNE - GROBLERSDAL 529 Van Reebeck Street, Groblersdal 0470

District: WATERBERG - THABAZIMBI Address: Thabazimbi, Limpopo 11 Jourdan Street, Mollies Building

District: CHRIS HANI – QUEENSTOWN Address: 22 Cathcart street. Komani

District: ALFRED NZO - MOUNT AYLIFF Umzimvubu Goats Complex-Hospital Road, Mount Ayliff 4735

District: JOHN TAOLO GAETSEWE KURUMAN, 4 Federale Mynbou (St John Taolo District Municipality)

District: NGAKA MODIRI MOLEMA 30 James Watt Crescent Industrial Site, Mafikeng

XHARIEP 20 Louw Street, Trompsburg

District: FEZILE DABI – TWEELING 514 Tweeling, Pink Monaune Youth Development Centre, Tweeling, 9820

District: UMKHANYAKUDE MBAZWANA THUSONG CENTRE P466, Mbazwana, 3974

District: SARAH BAARTMAN - KIRKWOOD Ndlambe Municipal Building 57 Voortrekker Street, Alexandria, 6185

District: ZULULAND PONGOLA D1867 Belgrade Area, 3170

District: UGU - PORT SHEPSTONE

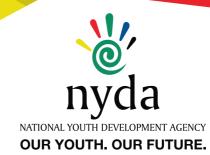
District: WESTERN CAPE BEAUFORT WEST 1 Ngesi Ave, Sidesaviwa, Beaufort West, 6970

District: UTHUKELA MUNICIPALITY LADYSMITH 25 Keate Street, Ladysmith



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LIFE SKILLS PROGRAMME



Toll Free No: 0800 58 58 58 • Web: www.nyda.gov.za

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Background

In a constantly changing environment, having Life Skills is an essential part of being able to meet the challenges of everyday life. The dramatic changes in global economies over the past decade have been matched with the transformation in technology and these are all impacting on education, the workplace and in household settings. To cope with the increasing pace and change of modern life, young people need new life skills such as the ability to deal with stress and frustration. Today's youth will have many new jobs over the course of their lives, with associated pressures and the need for flexibility.

Individual benefits

In everyday life, the development of life skills helps learners to:

- Find new ways of thinking and problem solving
- Recognise the impact of their actions and teaches them to take responsibility for what they do rather than blame others
- Build confidence both in spoken skills and for group collaboration and cooperation
- Analyse options, make decisions, and understand why they make certain choices outside the classroom
- Develop a greater sense of self-awareness and appreciation for others

Employment benefit

While learners work hard to get good grades, many still struggle to gain employment. According to research, employers are looking not just for academic success but key employability skills including: -

- The ability to self-manage, solve problems, and understand the business environment
- · Working well as part of the team
- Time and people management
- Agility and adaptability to different roles and flexible working environments
- The potential to lead by influence

Benefit to Society

The more we develop life skills individually, the more these affects and benefit the world in which we live:

- Recognizing cultural awareness and citizenship makes international cooperation easier
- Respecting diversity allows creativity and imagination to flourish developing a more tolerant society
- Developing negotiation skills, the ability to network and empathize can help to build resolutions rather than resentments

Objectives

- To equip young people with information and capacity through disseminating information on topics covered in the modules.
- To empower youth to make informed decision.
- To empower youth with applicable life skills relevant to a constantly changing society

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- To promote active citizenry among young people &
- To impart skills and decision-making capabilities that would result in social and economic participation.

Accessibility

Life Skills training is accessible through the walk-ins in all NYDA Branches and district offices of NYDA countrywide or you can register online at **erp.nyda.gov.za.** It is presented by our well-qualified training officers. They train in accordance with the youth needs. It could be issues of personal development, conflict resolutions, money management skills and communications. It is required that youth who have passion to start businesses must go through the life skills training.

How to access the Life Skills Programme:

Visit our website at **www.nyda.gov.za** Contact our call centre on 0800 58 58 58; or Visit your nearest NYDA branch.

