

### Young MOTivators trained at TVET Colleges

During the weekend of 27 – 29 May 2016, 49 students from five Technical and Vocational Education and Training (TVET) Colleges in the Western Cape were trained as Young **MOT**ivators. Students from the College of Cape Town, Boland College, West Coast College, False Bay College and Northlink College, who have already completed the first year of the MOT Programme, were trained to facilitate MOT sessions with their peers, to be leaders and positive role-models, and were inspired to organise community and college projects.

Through group discussions, self-reflection, journaling, team-building activities and vision boards at the training camp, the Young **MOT**ivators learned about their values, personal strengths and weaknesses, dreams and life goals, and their roles as active citizens and leaders. During a session facilitated by Charlene Matthews and Olive Thomas from False Bay College, the Young **MOT**ivators shared their experiences of rejection and feeling alone, and inspired and supported each other as they face and overcome their challenges. Young **MOT**ivators who were trained during 2015, Allen Clarke, Bukiwe Zinganto, Aurelio Joa'o and Linamandla Deliwe, provided leadership and practical support for the duration of the camp. Guided by Nizaam Pasha, MOT Coordinator at the College of Cape Town, and other MOT Coaches, the Young **MOT**ivators had the opportunity to facilitate MOT sessions, focusing on strengthening communication, building a safe and supportive culture, and the value of positive attitude and focus.

The Young **MOT**ivators were very excited about their learning experiences at the camp and confident about their newly acquired leadership and presentation skills. Three wrote: "I never thought I would be so inspired by so many different people to be the best that I can be", "I've learned that I'm able to stand in front of a crowd and present. That is something I was afraid to do, but now I have faced my fears", "It was amazing. I've learned so much about myself and now I'm more confident to achieve my goals and motivate others". MOT South Africa is confident that the Young **MOT**ivators have the passion, skills and energy to be a powerful source of influence, and looks forward to October 2016, when they will provide feedback on their MOT sessions and the community projects they have implemented.



**MOT SA BOARD OF DIRECTORS:** Prof Eltie Links (Chairperson); Ntombekaya Nyati;

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**ADDRESS:** MOT SA, College of Cape Town, Crawford Campus, Kromboom Road, Crawford 7764

**TEL:** 021 696 6610 / **EMAIL:** office@mot.org.za / **WEBSITE:** www.mot.org.za

**NON-PROFIT ORGANISATION (NPO: 078-690) / PUBLIC BENEFIT ORGANISATION (PBO: 930 028 579)**

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