



**MOT**<sup>®</sup>

*Show courage!*

**MOT SOUTH AFRICA  
ANNUAL REPORT**

**2016**

■ Courage to live ■ Courage to care ■ Courage to say no

● *MOT is a society builder*  
**i** *MOT strengthens youth's awareness and courage –  
courage to live, courage to care, courage to say no.*  
PBO no: 930 028 579    NPO no: 078-690    Services SETA no: 12129

# MOT SOUTH AFRICA

## CONCEPT, STRATEGIC MANDATE & PURPOSE

- Founded in October 2008.
- Public Benefit Organisation (PBO nr: 930 028 579) registration with SARS.
- Section 18A approval from the South African Revenue Service (SARS).
- Non-Profit Organisation (NPO nr: 078-690) with the Department of Social Development.
- Tax Clearance Certificate.
- Level 1 B-BBEE Contributor.
- Service SETA Accredited Training Provider (Nr. 12129)

The purpose of MOT South Africa is to ensure that the youth of South Africa have the self-awareness, courage, resilience and life skills to make conscious choices for them to develop to their full potential and become positive role models and leaders in their communities.



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*Young MOTivators from COSAT high school at their Courage to Care community project arranged for Abaphumeleli Home of Safety in Ilitha Park, Khayelitsha.*

## CHAIRPERSON'S REPORT



*2016 was a very positive year for MOT South Africa. We have launched various activities, empowered and upskilled more youth and expanded in many respects.*

### EVENTS

In March 2016, MOT hosted a very successful International Training Convention, themed Courage2Lead, where we had representatives from all of the 5 countries where MOT has been established. This was a very special and memorable occasion in terms of the guest speakers who addressed the delegates, amongst them were; Western Cape Police Ombudsman, Advocate Vusi Pikoli, Business Woman and Author, Dr Mamphela Ramphele and Mind Power Expert, Robin Banks. A highlight of the two-day event, was when our MOT youth; Marlyn-Lee van Diemen, Nathan Hendricks, Allan Clarke and Linamandla Deliwe, from False Bay TVET college, inspired delegates with their experiences of MOT and specifically how the 4 MOT principles had a positive impact on their lives.

MOT SA hosted its 7th Annual General Meeting (AGM) on Monday, 20 June 2016, at College of Cape Town, Pinelands Campus, with Professional Speaker and Author, Simon Ekin, as the keynote speaker. Young MOTivator and Alumnus from False Bay TVET College,

Nathan Hendricks, opened the meeting with a rousing rendition of the National Anthem. The AGM was attended by 115 members, which included representatives from the Department of Education, principals of MOT partner schools and Technical and Vocational Education and Training (TVET) colleges, corporate partners, MOT SA board members and MOT youth. The AGM focused on showing courage, referring to MOT's core values: Courage to Live, Courage to Care and Courage to say NO.

Delegates were inspired by six courageous youth who shared what the MOT programmes has meant to them and how their lives had been improved by the knowledge and tools they have gained. Keynote speaker and author of The Art of Courage, Simon Ekin, shared his journey on his own search for courage, "It is only when we actually do something, that it counts. So have the courage to take a stand and to set your goals and dreams into action."

As the programme drew to a close, another superb singer, MOT youth and student from Northlink College, Rozanne Waldeck, led the assembly in the singing of the MOT song. As all MOT enthusiasts joined in and sang along, it was clear that we need courage and action to live a meaningful life and to make a positive contribution to the future of South Africa.

### NEW ENDEAVOURS AND UNDERTAKINGS

MOT SA's further expansion into the Eastern Cape, partnering with both Port Elizabeth and Eastcape Midlands TVET colleges, was one of our most promising aspects of the year. Hundreds more vulnerable youth will be better equipped to deal with challenges in life and making sound choices.

We hope that MOT SA's expansion will not be limited to the Eastern Cape. Northern Cape and KwaZulu-Natal has expressed interest in the MOT programme and we trust that throughout the coming year, we will be sufficiently able to expand into a wider footprint in our country.

## SPONSORS

MOT SA would like to thank our sponsors for their continued financial support, which has contributed to the development and upliftment of our youth in South Africa. Without our sponsors' generous contributions, MOT SA cannot produce the results that is very evident in our engagement with the young people.

## RESEARCH

An important aspect of our annual review is our research facilitated and compiled by our research partner, the Further Education and Training Institute (FETI) at the University of the Western Cape.

This research is essential for our key stakeholders and sponsors to measure the quality and impact of the programmes. We want to thank Dr Joy Papier and her team for making the research possible that accurately register the impact of MOT in society.

The results of the study have been significant and positive on all levels. Research findings have shown that the attributes positively affected by MOT, were mostly in relation to respect for people's differences, self-knowledge and self-belief amongst the youth in the programmes.

## SPECIAL MENTIONS

We would like to thank MOT Global Management who have supported us throughout and take active participation in our programmes, the local communities that support us

and the parents that encourage their kids to take part in the MOT programmes.

We cannot implement the programmes without the support of the teachers and principals of the TVET colleges and high schools. Thank you to all of you for your hard work, dedication and passion for implementing MOT and strengthening the youth's awareness and courage.

To the MOT SA Board, thank you for your commitment, time and your ideas. The MOT SA management team is a very fantastic outfit. They have expanded and changed with new personalities, qualities and strengths, creating a good team culture. Thank you to our MOT coaches, who are a very important link in our chain and our trained Young MOTivators who are active in their specific roles at their respective TVET colleges and high schools.

I have to mention that our MOT Brand Ambassadors play an important role in sharing the brand with others and making people aware of the existence of MOT, as well as the work of MOT. We've had new ambassadors come on board; Proteas Cricket star, JP Duminy, International Kung Fu/TaiChi Champion, M.J. Li, local singer and songwriter, Janice and international motivational speaker, Robin Banks. Thank you to our ambassadors for presenting MOT to society at large and internationally.

Prof Eltie Links  
Chairperson: MOT South Africa

## BOARD OF DIRECTORS

Prof Elias (Eltie) Links (Chairperson)  
Ms Ntombekaya (Kaya) Nyati  
Mr Eric Zakhe (Zozo) Siyengo  
Mr Jannie Isaacs  
Ms Kubeshini Govender

Mr Brian Michael Eagar  
Mr Geir Nasset  
Mr Jarl Are Hovstad (Board Alternate)  
Ms Theresa van der Merwe (Board Alternate)  
Ms Wanda Möller (CEO)

## GIVING THANKS AND GRATITUDE

### CORPORATE PARTNERS & FUNDERS



## BANKING DETAILS FOR ALL DONATIONS TO MOT SA

Bank: ABSA; Branch swift address: ABSAZAJJ

Branch clearing code and International code: 632005

Account name: MOT SA; Cheque Account number: 4072600581

All financial donations made towards MOT SA are tax deductible in terms of Section 18A of the Income Tax Act, and qualifies for Socio-Economic Development and Skills Development points in terms of the B-BBEE Code of Good Practice.

## IN KIND SPONSORS



## MOT BRAND AMBASSADORS



HEAVENLY QUARTEZ



On behalf of our Young MOTivators, MOT Coaches, Principals, Coordinators, Community Organisations, the MOT SA Board and Staff Members, we would like to express our deepest appreciation to our Corporate Partners, Funders and MOT Brand Ambassadors for their ongoing support and dedication to ensure that our youth are equipped, empowered and strengthened with awareness and courage;

Courage to Care, Courage to Live, Courage to say No.

## CHIEF EXECUTIVE OFFICER'S REPORT



***“Empowering the Youth to lead positive change!”***

2016 brought plenty of growth opportunities and change for MOT South Africa. At the start of 2016, the staff worked relentlessly to host two

MOT coaches' training workshops and the International Courage2Lead Convention. 63 MOT coaches were trained and 277 MOT enthusiasts attended the 2-day MOT Courage2Lead Training Convention.

Further highlights of 2016 were the training of 133 Young MOTivators for MOT high schools and Technical and Vocational Education and Training (TVET) colleges. These young people, between the ages of 14 and 29, were trained as MOT peer educators, youth leaders and active citizens. They facilitated MOT sessions with grade 7 learners and their peers, initiated various community projects and led the culture-change at their high schools and college campuses.

To support the development and skills training of unemployed youth, MOT South Africa continued its partnership with the National Youth Development Agency (NYDA) and Expanded Public Works Programme (EPWP) to train and enable the employment of 21 youth. In August 2016, these unemployed young people were trained as MOT coaches and facilitated the MOT programme at four high schools and two community organisations, including Ikhaya Le Themba in Imizamo Yethu, Hout Bay and Mbekweni Youth Centre in Mbekweni, Paarl.

With the assistance of 310 active MOT coaches, the MOT programmes were implemented amongst 13 186 young people at 73 high schools, TVET college campuses and community organisations. The youth were encouraged to develop self-awareness, to strengthen their courage, and were equipped to make conscious choices.

The work of MOT South Africa was made possible by our committed funders, including Pioneer Foods Education and Community Trust, Abe Bailey Trust,

HCI Foundation, Oceana Group, AfriSam, Juta & Company, Victor Daitz Foundation, members of the MySchool MyVillage programme, MOT Global, and two secondary schools in Norway; Haugaland Videregående Skole in Haugesund and Midtstuen Skole in Oslo.

MOT South Africa also received pro bono services from auditors, RSM Betty & Dickson (Cape Town) and Ayanda Mbanga Communications, as well as had the privilege to use facilities at College of Cape Town and Northlink College to host our inspirational MOT events. Although we had a small deficit in the operating budget for the 2016 financial year, MOT SA was able to expand its services to the youth.

To position itself to offer workplace skills training, MOT South Africa was accredited as a training provider at the Services SETA.

In 2016, the MOT SA office had undergone staff changes. Programme Coordinator, Delia Timmie resigned after seven years, and after three years as the Programmes and Training Manager, Elroy Duckitt accepted a position at another non-profit organisation. MOT South Africa is grateful for the contribution that Delia and Elroy have made to the services of MOT SA and the development of thousands of youth.

Following the above staff changes, MOT South Africa was very fortunate to welcome Julia Duminy as Advocacy and Social Media Manager, and most recently Andiswa Makha as Programmes and Training Manager. MOT South Africa could also draw on the skills and experience of two of our NYDA/EPWP youth workers, Jacqueline Carolus and Siyathemba Soji, who have been employed as interns at MOT SA.

In 2016, MOT SA benefitted from two full-time volunteers, Johann Vårvik and Lisa Nettet from Norway. The organisation could also draw on the talent and support of our Brand Ambassadors, and in particular Ayanda Dlamini and Robin Banks, who awed the MOT enthusiasts at the Courage2Lead Training Convention.

Together is better to embrace shared values and to work towards a proud South Africa. Let's continue to invest in, and strengthen the youth to lead the change!

Wanda Möller  
Chief Executive Officer: MOT South Africa

## MOT INTERNATIONAL COURAGE2LEAD TRAINING CONVENTION INSPIRES LEADERSHIP

“Failure can lead to success, if you show enough courage.” That was the main theme in the opening speech delivered by MOT South Africa’s chairperson, Professor Eltie Links, at the International MOT Courage2Lead Training Convention, which took place at the Century City Conference Centre on 4 and 5 March 2016.

The objectives of the MOT Courage2Lead Training Convention were to uplift, up-skill and inspire its educational partners to develop leadership skills, to strengthen the youth’s courage and promote active citizenry.

Young MOTivators from False Bay TVET College inspired convention delegates with their experiences of MOT and how MOT has had a positive impact on their lives. They spoke about the MOT principles, which includes: Focusing on the positive, including others, taking responsibility, strengthening relationships and working proactively towards a warmer and safer society.

Our guest speakers included a few of South Africa’s top thought-leaders; Mind Power expert, Robin Banks, Chairperson of the South African Women Entrepreneur’s Network in the Western Cape, Ency Litsoane, Western Cape Police Ombudsman, Advocate Vusi Pikoli, and Business Woman and Author, Dr Mamphela Ramphele.



The Courage2Lead Training Convention was opened by Mind Power expert and international speaker, Robin Banks. Northlink College Performing Arts Department students, with director Kobus Hanekom, musical director, Roshan Chakane and choreographer, Tyron Zoutman performed the musical Sarafina! Other performers included; Rozanne Waldeck, Shaun Titus, Welcome Jansen, Nathan Hendricks, Andiswa Makha, Stina Grøn, South Peninsula high school jazz band and Bukiwe Zinganto.



Speakers at the Courage2Lead Convention; Advocate Vusi Pikoli, Ency Litsoane and MOT Global president, Atle Vårvik, Dr Mamphela Ramphele and MOT SA chairperson, Prof Eltie Links.

## TRAINING OF MOT COACHES TO FACILITATE THE MOT PROGRAMMES

### 63 New MOT Coaches Trained

MOT SA has formed partnerships with three new High Schools from Mitchell's Plain: Mondale High School, Oval North Senior Secondary School and Westridge Secondary School. MOT SA continues to strengthen its partnerships and development of courageous youth in South Africa.



From 18 to 20 February 2016, 28 MOT coaches from high schools and TVET colleges in the Western Cape, were trained in Cape Town.



From 25 to 27 February 2016, MOT hosted the second training workshop in the Eastern Cape, and trained 15 new MOT coaches from Port Elizabeth TVET College.



*In August 2016, MOT SA trained 20 NYDA/EPWP workers to become MOT coaches and facilitate MOT sessions with the youth in Mbekweni and Hout Bay.*

**Feedback from MOT coaches:**

- This is a great programme that I am very excited to use to make a difference.
- I've learnt a lot and I will definitely follow through and incorporate this within my classes.
- Great programme that will make a meaningful difference to youth and communities.
- The values and principles that MOT is trying to instil are so important. Looking at our youth that will be the leaders of tomorrow, this is an excellent opportunity. May the Lord bless you guys for the work that you are doing for our country.
- Would like the programme to extend throughout the whole of the Eastern Cape and the world. Would be great to present MOT on a permanent basis.
- These are valuable lessons to teach and demonstrate to build confidence and build learners' self-esteem.
- This programme couldn't have come at a better time for the challenges our youth are experiencing.
- Very well presented. The activities that we did actually gave one time to reflect on life since one does not always have time to do so.
- This was the cherry on top experience. It really made me do introspection. It made me realise that I need to say no more often and put myself first.
- If possible, I want to be a presenter of MOT for the rest of my life, because MOT is all about empowering the youth to make positive and safer decisions for a better future.
- I can't wait to help others and try to make their lives easier at school.

## YOUNG MOTIVATORS' LEADERSHIP TRAINING CAMPS

From 6 to 8 May 2016, 64 Grade 9 learners from Buren High School, Centre of Science and Technology (COSAT), Silikamva High School, Simon's Town High School, South Peninsula High School, Spine Road High School and Steenberg High School were trained as Young MOTivators. The youth were trained to facilitate MOT sessions with Grade 7 learners at primary schools in their area to make the transition from primary school to high school easier. The Young MOTivators also initiated community and school projects to create safe, supporting and caring environments.



*Grade 9 learners from 7 high schools, were trained as Young MOTivators at the MOT leadership training camp in Franschhoek.*

From 27 to 29 May 2016, 49 students from five TVET colleges in the Western Cape were trained as Young MOTivators. 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.



*Trained Young MOTivators from TVET colleges in the Western Cape.*

# COURAGE to live to care

Through group discussions, self-reflection, journaling, team-building activities and vision boards at the training camp, the Young MOTivators learned about their values, personal strengths and weaknesses, dreams and life goals, and their roles as active citizens and leaders.



*From 19 to 21 August 2016, 20 Grade 9 learners from Desmond Mpilo Tutu Secondary School and Ihlumelo Secondary School in Mbekweni, Paarl were trained as Young MOTivators at the MOT youth camp.*

On Friday, 14 October 2016, MOT SA hosted the Young MOTivators Inspiration Event at Northlink College, Tygerberg Campus. The purpose of the event was to strengthen the youths' training, courage and enthusiasm for their role as active citizens in society. 133 Young MOTivators provided feedback on their MOT sessions, events and community projects.



## FEEDBACK FROM YOUNG MOTIVATORS:

- I learnt that having courage to say no can help you before doing the things you don't want to.
- I must think before I do or say something, and that I must think always about the consequences.
- The programme is a good programme especially to youth around the world. My aim as a Young MOTivator is to change all the youngsters out there and give them courage to live, care and to say no.
- The camp really motivated me, because now I am excited to implement these qualities within my life, college and community.
- I cannot wait to put what I have learned into practical work and to make a change. Even if I get to one person it is one less sad person.
- I would like to thank the MOT organisation. The camp was wonderful, meaningful and a great experience. I have learned a lot about myself and my fellow peers.
- I want to inspire others and teach them what I have learned through the MOT programme. I have learned to live and follow the MOT values.
- I really had an amazing time exactly the best ever. I learned a lot about myself and others. I see life differently and believe I can change the world because I am more than a conqueror. MOT IS THE BEST!!! I enjoyed my camp weekend.
- Keep doing good MOT, I've enjoyed everything you had given to us and I learnt a lot. I wish I can come back again to experience and learn more. Keep on showing courage.
- I would just like to thank MOT for this opportunity of meeting new beautiful people and to learn so much about motivation. How important it is to make a difference. There are people who need help out there and I am here to help.
- I thank all the lectures and the leaders who took their time to assist us in growing our minds and ideas. For some of us who never experienced something like this, it brought out the best of ourselves. Whereas we never thought we had it within us.
- It is actually nice to have someone/people to listen to your dreams, because in life there must be that someone who listens to you and encourages you to go forward in life, to achieve whatever you like, so MOT just did that to me.
- I am very motivated because I want to teach the MOT values to my peers, youth groups because some of them do not have courage to do anything and some of them do not value themselves like I do.

## MOT SA'S 7<sup>TH</sup> AGM: SHOW COURAGE

MOT South Africa hosted its 7th Annual General Meeting (AGM) on Monday, 20 June 2016, at College of Cape Town, Pinelands Campus. 115 Representatives from the Department of Education, principals of MOT partner schools and TVET colleges, corporate partners, MOT SA board members, scholars and students involved in the MOT programmes attended the AGM.



*Young MOTivators gave their sincere and heart-felt testimonies of what being part of the MOT programmes mean to them.*

*Photo: Gary van Dyk*



*Left to Right: Keynote speaker and author of The Art of Courage, Simon Ekin, MOT SA Chairperson, Prof Eltie Links and Mauricio de Faria from Auditors, RSM Betty & Dickson (Cape Town).*

*Photo: Ivan Swart*



*Young MOTivators from Simon's Town High School and Silikamva High School in Hout Bay at the MOT SA AGM.*

*Photo: Ivan Swart*

## STORIES AND FEEDBACK FROM YOUNG MOTIVATORS

### MOT learners at COSAT Inspire the Norwegian Parliamentary Committee

The Norwegian Parliamentary Committee on Education and Research, including the Norwegian Ambassador to South Africa, Trine Skymoen, visited the Centre of Science and Technology (COSAT) High School in Khayelitsha on Thursday, 28 January 2016. The delegation visited South Africa to learn about the education and research sector and explore further cooperation between South Africa and Norway. The committee was especially interested in the work MOT SA has been doing at high schools in South Africa.

During the Parliamentary Committee’s visit to COSAT, a MOT session was presented to Grade 9 learners by MOT coach and educator, Andiswa Makha. “The learners responded and engaged really well in the session. It felt good to show the committee members what we have achieved with MOT at our school,” Andiswa says.

A fun and interactive session was facilitated by Andiswa where learners and committee members shared their dreams and personal strengths with one another, allowing for the committee members to get to know the learners who participate in MOT. Siyamthanda Nzima and Cindy Khoanyane, two young MOTivators from COSAT, testified that since taking part in MOT they have gained self-confidence and became more aware of themselves.

“MOT has enticed me to be more confident and has allowed me to express myself more. Before MOT I could not do that,” Siyamthanda says.

Cindy says, “I have gained leadership abilities since taking part in MOT. I now want to follow my dreams and nothing can stop me.”



Norwegian Parliamentary Committee members on Education and Research and Norwegian Ambassador to South Africa, Trine Skymoen (second from left) with COSAT learners and educators.

## STORIES AND FEEDBACK FROM YOUNG MOTIVATORS

### Simon's Town Young MOTivators Making a Difference at their School and in their Community

From presenting MOT sessions to Grade 7 primary school learners to creating sustainable projects, the Simon's Town High School Young MOTivators have been out and about flying the MOT flag high at their high school and in their community.

In 2016, Simon's Town High School learners created an environmentally friendly garden within the school grounds, used their 67 minutes for Madiba to host a soup kitchen for Happy Valley Home, baked pink cupcakes for staff and learners for their Cancer Awareness Week Campaign and ended the year with a Santa Shoebox Project; donating Christmas gifts to children at an orphanage in Ocean View.

The Simon's Town Young MOTivators and MOT Coaches are true role models for the youth.



## MOT YOUTH STORIES



### MARLYN-LEE VAN DIEMEN

My journey with MOT SA started when I joined False Bay TVET College in June 2014. I signed up for the National Diploma in Educare at Mitchell's Plain campus; not knowing what I got myself into. The best in me came out during my college life. I never knew I could score such high marks. I never knew I had such great leadership abilities.

It was there that I was introduced to MOT. I will never forget the MOT sessions that were conducted and how it opened my eyes to see and take every opportunity that was presented to me. MOT and its three core values are practiced in my life daily. MOT was the main reason why I joined the Student Representative Council [SRC] at campus. It enhanced my leadership skills. I became part of the student body and served 18 months on that board of which 6 months I served as the Chairperson. Doors opened with regards to meeting young people, who are inspiring the world. The life skills programme has empowered me to do great and change the world. I got the opportunity to go on the MOT training and become a MOT coach/facilitator. I will forever be grateful for the opportunities MOT has granted me. My life has changed for the best. I am currently implementing the MOT programme at a local school called Pelican Park Primary where I'm also doing my work base experience in Educare and at our church, Cape Gateway International. I'm all about helping, educating, empowering, inspiring young people because of the MOT programme.

It's a life skills programme aiming to uplift the lives of millions of young people. My life with MOT is about communication. Let's stay in contact. Let's live our lives for others. Let's serve. Life with MOT is about getting involved. Getting your hands dirty. Caring for others. Encouraging others to do their part because together is better. Life with MOT has to be a lifestyle of always wanting to do good. It's the way forward. Slow progress is better than no progress. Don't stop doing good just because no one has acknowledged you. Keep shining. Fight for what you believe in. You have greatness inside of you. You can do it. Be inspired, be encouraged, be motivated.

### SYDNEY NDZONGO

My name is Sydney Ndzongo and I was born on the 12 March 1994. I come from a family of 4 and we were all raised by both our parents. My primary education started at Zerilda Park primary school. I then went to Crestway senior secondary school where I completed my grade 12.

After completing my grade 12, I enrolled at False Bay College to study safety in society where I was introduced to the MOT programme by my programme head, Mrs Olive Thomas.

My journey with MOT started in 2014 and I never looked back. My life before MOT was not as great as I came across many obstacles and I was always a person who was full of negative thoughts and opinions not only about me, but life as well. Becoming a MOT youth impacted me in a way that I started believing in myself and having self-confidence.

Through MOT, I was able to grow as an individual; I became more selfless, responsible and active. For me, personally, MOT taught me the core values of life which are the courage to care, courage to live and the courage to say no to the negative things and to make conscious decisions in life.

MOT not only played a positive role in my life, but also on my academics as I am a person who strongly believes in academic success and excellence. It also gave me the courage to persevere through the challenges of life.

Life after MOT is that, even after completing the MOT programme, I want to inspire others to also to be part of MOT and also continue to embrace the MOT principles and values; Courage to care, Courage to live, Courage to say no.



# MOT SA IMPACT STUDY

## TVET College Student Responses to the MOT Life-Skills Programme

### INTRODUCTION

The MOT programme, first introduced to Technical and Vocational Education and Training (TVET) Colleges in South Africa in 2006, has been growing steadily. Since 2011, MOT SA has annually surveyed students exiting the programme to determine their experiences of the MOT programme and its perceived impact on their lives. The research questionnaire has been finessed through successive iterations, and the 2016 Report is the fifth successive report since the research was piloted. The 2016 report is based on responses from students who completed the MOT programme in 2015 and filled out the questionnaire.

The intentions of the MOT programme are expressed in the focus areas of the questions addressed to students in the survey. These focus areas concern self-knowledge, personal development, responsibility, caring for others, respect and affirmation - in line with the themes of the programme curriculum. A copy of the of the full research report, February 2016, is available on the MOT SA website or on request.

### SCOPE OF THE STUDY

From the 821 students who completed the 3-year MOT programme, 476 responded to the research questionnaire. They included students from 5 TVET Colleges in the Western Cape; Boland College, College of Cape Town, False Bay College, Northlink College and West Coast College.

### RESEARCH QUESTIONNAIRE

The questionnaire covered biographical information, and categories of questions related to how the MOT programme had impacted on students' classroom interactions with other students, on their personal values and attitudes, and on their personal choices. Students were asked to answer 'yes', 'no' or 'not sure'. The questions in each section were based on the content areas that were covered in the MOT curriculum, and students were asked to reflect on their behaviour and attitudes before undertaking MOT and to decide when answering the questions, whether MOT had changed the way they thought, felt or behaved. Students were allowed to remain anonymous in the hope that this might make them answer more truthfully.

### SUMMARY OF STUDENTS' VIEWS

Though students were asked to speak about the MOT programme, many elected to speak about themselves and how they had changed. Besides imbibing the many themes in the programme, a number commented that the MOT programme helped them continue their studies, and in one case a student attributed her being a top achiever to the programme. Others spoke of how they learnt to love themselves and others, with more self-confidence being a constant theme. A few students provided an inkling of their life stories, suggesting that MOT had helped them through a difficult patch. Students typically referred to MOT as being life-changing.

The impact of the MOT coach was also clearly articulated, and it was evident that the MOT coaches had made a strong positive contribution to students' experience of the programme. Students found that they could relate to the MOT coach and enjoyed the empathy and warmth of the sessions. There were no negative views in this regard.

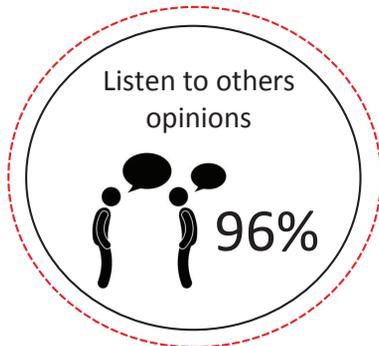
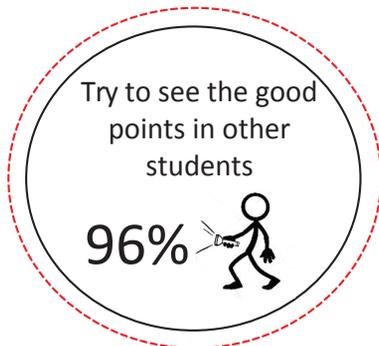
### CONCLUSIONS

From the overall data which is summarised in the research report, the perceived benefits of the MOT programme were considerable in the lives of the participating students.



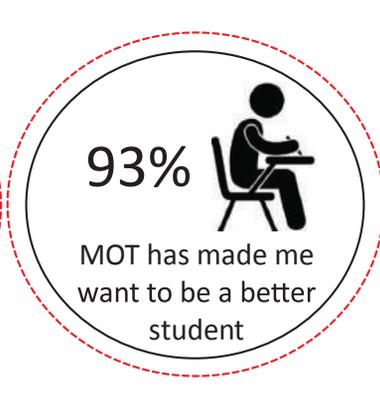
RESEARCH STUDY CONDUCTED BY THE FET  
INSTITUTE, UNIVERSITY OF THE WESTERN CAPE  
FEBRUARY 2016

# MOT'S IMPACT ON CLASSROOM INTERACTIONS



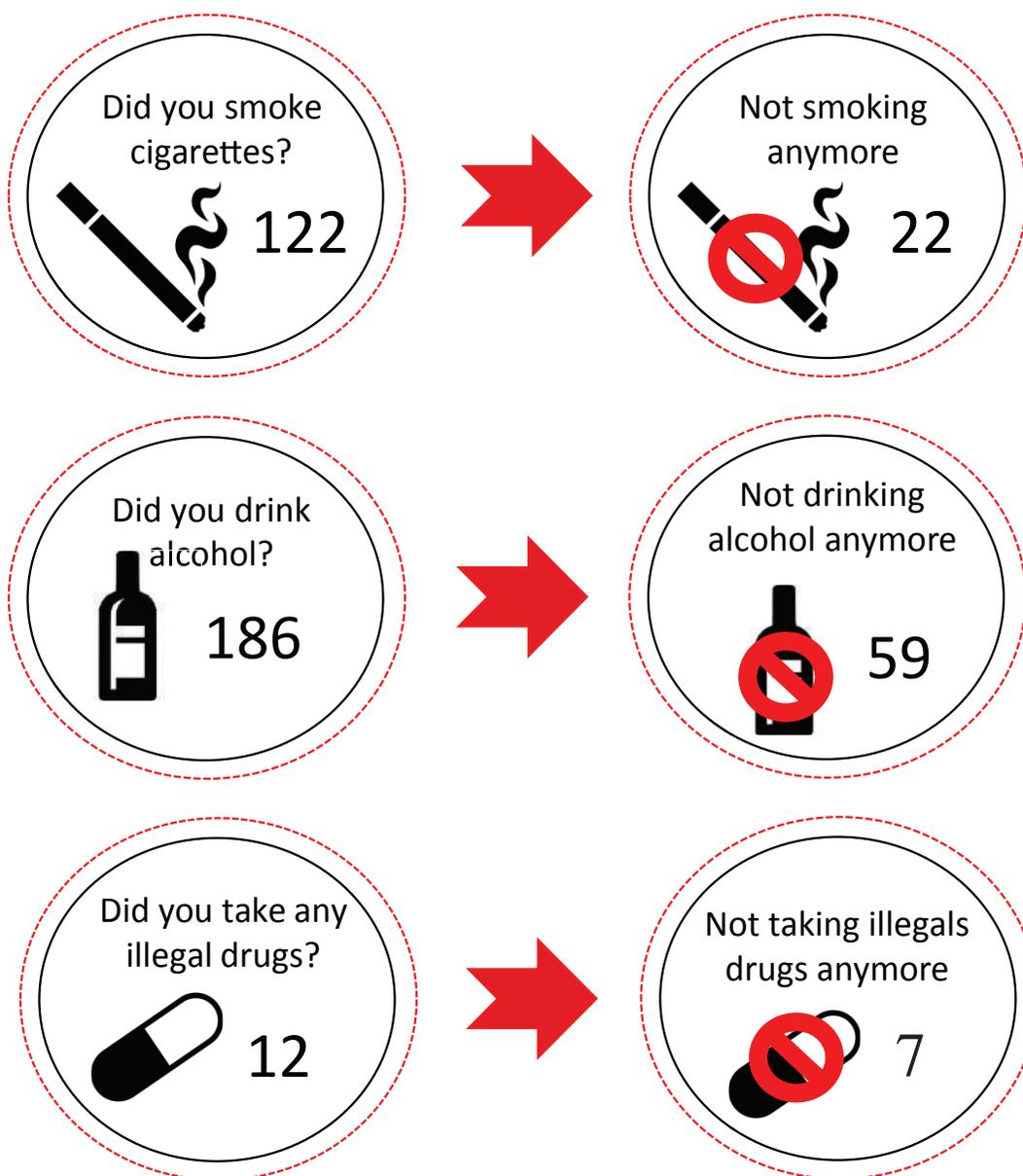
Percentage of students that answered 'yes' to the questions on MOT's impact

## MOT'S IMPACT ON PERSONAL GROWTH



Percentage of students that answered 'yes' to the questions on MOT's impact

## STUDENTS' LIFESTYLE CHOICES BEFORE AND AFTER MOT



In terms of MOT's impact on personal lifestyle choices, there was a decline in drug usage, and substantial declines in smoking and alcohol consumption, attributed by respondents to the influence of the MOT programme. It is encouraging that whilst 122 (29% of 476 study participants) reported smoking at the start of the MOT programme, this figure dropped to 100 as a result of MOT. Similarly, of the 186 (37%) respondents who acknowledged that they had consumed alcohol prior to the programme, 59 had stopped doing so since the programme. Even though there were relatively few admissions to drug use (12 individuals) prior to the programme, which was substantially fewer than in previous reports, 7 of the 12 had stopped using drugs. This is significant, since the potential negative social impact of these lifestyle choices is considerable. This downward trend in negative lifestyles as a result of the MOT programme has been consistent over the years, and is encouraging in view of the individuals who may have turned their lives around because of MOT. (MOT SA Research Report, February 2016: 8).

## ANNUAL FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2016

### STATEMENT OF COMPREHENSIVE INCOME

Figures in Rand	2016	2015
Revenue	1 615 122	1 835 170
Other income	13 746	-
Operating expenses	(1 692 731)	(1 759 380)
<b>Operating (loss) profit</b>	<b>(63 863)</b>	<b>75 790</b>
Investment revenue	42 429	38 666
<b>(Deficit) surplus for the year</b>	<b>(21 434)</b>	<b>114 456</b>

### STATEMENT OF FINANCIAL POSITION

Figures in Rand	2016	2015
<b>ASSETS</b>		
<b>NON-CURRENT ASSETS</b>		
Property, plant and equipment	17 581	9 358
<b>CURRENT ASSETS</b>		
Trade and other receivables	94 151	48 713
Cash and cash equivalents	882 453	1 055 349
	976 604	1 104 062
<b>Total Assets</b>	<b>994 185</b>	<b>1 113 420</b>
<b>EQUITY AND LIABILITIES</b>		
<b>EQUITY</b>		
Retained income	826 238	847 672
<b>LIABILITIES</b>		
<b>CURRENT LIABILITIES</b>		
Deferred income	167 947	265 748
<b>Total Equity and Liabilities</b>	<b>994 185</b>	<b>1 113 420</b>

**MOT PARTNER COLLEGES, SCHOOLS & COMMUNITY ORGANISATIONS**

**TVET COLLEGES**



**HIGH SCHOOLS**



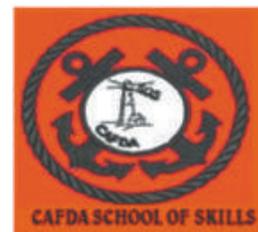
BISHOP LAVIS HIGH SCHOOL



BISHOPS SCHOOL OF SKILLS



BUREN HIGH SCHOOL



CAFDA SCHOOL OF SKILLS



COSAT (CENTRE OF SCIENCE AND TECHNOLOGY)



DESMOND MPIOLO TUTU SENIOR SECONDARY SCHOOL



FAIRMOUNT SECONDARY SCHOOL



HOUT BAY HIGH SCHOOL



IHLUMELO SECONDARY SCHOOL



LANGEBERG SECONDARY SCHOOL



LAVENDER HILL HIGH SCHOOL



MONDALE HIGH SCHOOL

**HIGH SCHOOLS**



OVAL NORTH  
SECONDARY SCHOOL



SILIKAMVA  
HIGH SCHOOL



SIMON'S TOWN  
HIGH SCHOOL



SOUTH PENINSULA  
HIGH SCHOOL



SPINE ROAD  
HIGH SCHOOL



STEEBERG  
HIGH SCHOOL



VUSISIZWE SENIOR  
SECONDARY SCHOOL



WESTRIDGE  
SECONDARY SCHOOL

**COMMUNITY ORGANISATIONS**



## MOT MODEL IN SOUTH AFRICA

**T**he MOT life-skills education programmes support and empower the youth of South Africa to develop to their full potential, and contribute responsibly to society and the economy.

The success of MOT South Africa is the result of an effective partnership model with Technical and Vocational Education and Training (TVET) colleges, high schools and community organisations to implement the MOT life-skills programmes at their institutions and in their communities.

MOT SA trains, supports and mentors volunteer educators, management, support staff and youth as MOT Coaches and Young MOTivators, to implement the MOT life-skills training programmes at their respective institutions. The strong volunteer base and the existing facilities available at schools, colleges and community organisations ensure that the programmes can be implemented at a low and sustainable cost. However, it is essential that all MOT associates and partners practise all 8 elements of the MOT values-based performance culture.

### **MOT's values-based performance culture:**

1. We believe in MOT's concept
2. We recruit right
3. We live MOT's philosophy
4. We create Youthful, Innovative and Sincere experiences
5. We strengthen awareness and courage
6. We strengthen ownership and joy
7. We strengthen what makes MOT unique
8. We strengthen a determined TEAM with the power to make things happen

MOT South Africa provides the programmes, training, instruction manuals and branded equipment at no cost to partner organisations, on the mutual agreement that the leadership accepts full responsibility and ownership for the effective implementation of the MOT programmes. With support from Corporate Social Investments, Trusts, Foundations and philanthropists, MOT South Africa funds the R130 annual cost per youth participating in the MOT programmes.

More than 95% of the organisation's beneficiaries, namely youth between the ages of 12 and 35 years, are from previously disadvantaged communities. MOT's core focus for the programmes is on developing the youth:

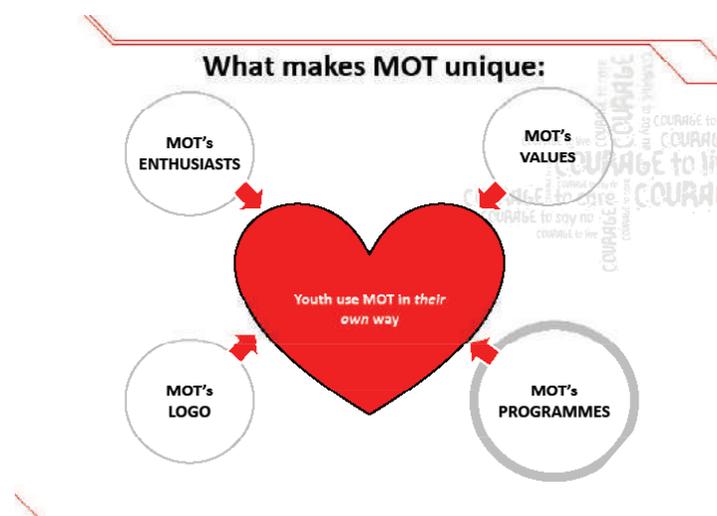
- Strengthening their self-awareness, courage, resilience and leadership skills;
- Inculcating positive behavioural norms and values;
- Creating a safe and supportive learning environment to complete their studies;
- Managing peer pressure, making conscious choices and avoiding high-risk behaviour.

To ensure transformational change amongst individuals and in learning environments, the MOT programmes are implemented on a long-term and structured basis. The MOT sessions, based on highly regarded behavioural theories, draw on methodologies of interactive group discussions, practical exercises, games, role-plays, experiential stories and self-reflection to enhance the learning outcomes and the inculcation of values, positive behaviour, attitudes and thought patterns. In addition, MOT’s operational model uses culture-builders to positively influence the learning environment, the youth and society. Apart from training MOT Coaches and Young MOTivators, MOT SA also provides refresher training, inspirational events, mentoring and support to acknowledge and show appreciation for our volunteers’ active contributions to the development of the youth, and support the effective planning and implementation of the MOT sessions and community projects.

MOT initiated the programme within South Africa as the organisation identified the vast extent of the need for youth development within the country. Life-skills training amongst the youth is critical as the majority come from poor socio-economic backgrounds, in which parental guidance is often lacking. These young people face many challenges in their daily lives, including unemployment, violence, drug and alcohol abuse in their communities and homes, absent parents, lack of leadership, exposure to high-risk behaviour and peer pressure. Through the MOT programmes, the youth gain self-awareness, courage and life-skills to make conscious choices, to build healthy relationships, and to accept responsibility for their behaviour and future. Interested young participants have both the potential and desire to address these challenges.

The partnership model between MOT South Africa, educational institutions, corporate partners and funders empowers thousands of youth to develop the necessary awareness, life-skills, resilience and courage to become active citizens and leaders in their communities. MOT South Africa’s partnerships and growing network of trained volunteers also strengthen the capacity of MOT to expand to more high schools, TVET colleges, communities and other provinces in South Africa, to ensure the increased influence in South African society.

Through the use of the MOT values, programmes and logo, and the role of the MOT enthusiasts, each individual young person uses MOT in their unique way.



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