



MOT
SHOW COURAGE!

**20
20**
ANNUAL
REPORT





MOT South Africa Concept, Strategic Mandate & Purpose

- 🔑 Founded in October 2008.
- 🔑 Public Benefit Organisation (PBO nr: 930028 579) registration with SARS.
- 🔑 Section 18A approval from the South African Revenue Service (SARS).
- 🔑 Non-Profit Organisation (NPO nr: 078690) 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 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.

MOT was started by Norwegian top athletes after the Winter Olympics in 1994 with the objective to prevent social problems in society.

The MOT Concept is based on the purpose of creating a safer society by strengthening youth's robustness, awareness and courage – courage to live, courage to care and courage to say no.

The MOT Concept is like a keycard that is lent to schools and municipalities on a partnership premise.





**Active MOT schools,
colleges and
organisations
Statistics:**

**25 TVET
College
Campuses**



13 High Schools



1 Private School

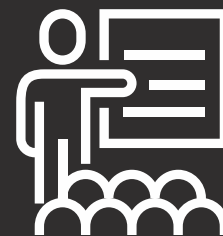


**4 Community
Organisations**

MOT

South Africa

2020 Statistics



Despite the COVID-19 pandemic and the impact it had on the structured MOT Programmes, our MOT SA team and our partners continued to share courage and kindness to all those around them. Here's how:

- 📢 Impacted 24 trained MOT Coaches at our 1st MOT Coaches Basic Education in February. Find this on page 11
- 📢 Held our MOT Enthusiast Gathering with 186 participants, including hosting 4 Refresher training and youth leadership workshops for MOT Coaches, Youth and MOT Management in March
- 📢 Held online MOT Sessions to over 20 youth in partnership with Africa Teen Geeks in May
- 📢 Raised and used MOT funds for food vouchers for our partnering community organisations - Mbekweni Youth Centre, JP21 Foundation and Sakhisizwe YDP and their families through our Courage to Care Campaign. Funders that assisted were Pioneer Foods and CLP Foundation from March
- 📢 Hosted our COVID Care Campaign in partnership with JP21 Foundation and PPC Africa in July for 5 days in which 586 students were provided with tools to on how to care of their physical and mental wellness during the COVID-19 Pandemic!



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CHAIRPERSON'S REPORT



Little did we know that in 2019 when selecting our 2020 theme, **#CouragetoRise**, that it would imbibe, not only our values and principles as MOT SA, but also be a performance measure to the very essence of our existence and purpose to serve communities & the greater society.

Pressured to review how we operate as a collective, bearing in mind our individual challenges, finding ourselves in uncharted waters, we had to make decisions about what was right, even though it felt difficult at the time.

Adjusting to the new norm of working from home, to working at home, school adjustments, digging deep to finding courage, to be and to motivate self and others, and support families & friends who have lost loved ones.

In 2020, the MOT team completed a MOT Basic Education session with groups of enthusiastic and passionate youth leaders. I would like to acknowledge and extend my sincere appreciation to the MOT team and their team of volunteers for their hard work and commitment to the vision and mission of MOT in our country and congratulate the 24 trained MOT Coaches.

The MOT Enthusiasts Gathering comprising of a refresher and youth leadership training during March was well attended with 186 participants, exemplifying **#CouragetoRise**.

As we digitally transform, I am pleased to announce that our online MOT Session, in partnership with Africa Teen Geeks in May, was well received and a success.

Congratulations Andiswa and team for living the spirit of **#CouragetoRise**.

MOT would not exist and be able to flourish in our communities if it were not for our MOT Associates and Partners. Our success,

experience and impact is made possible by the contributions of our key stakeholders; students, colleges, the schools, community organisations, the Western Cape Education Department and devoted MOT sponsors and funders. With the support of Pioneer Foods and CLP Foundation during March, we were able to fund food vouchers distributed to the beneficiaries and families of the Mbekweni Youth Centre, the JP21 Foundation and Sakhisizwe Youth Development Program. We deeply appreciate your contribution and support, thank you.

In addition we hosted a COVID Care Campaign in partnership with JP21 Foundation and PPC Africa with 586 students at both Yellowwood and Hyacinth Primary schools spanning 5 days in the month of July. I would like to thank all our incredible MOT Partners who graciously give of their time together with Andiswa and her team, to facilitate the MOT life skills sessions with the youth. We appreciate your dedication and passion, thank you.

I would like to thank our Country Director Julia for focussing on brand awareness and social media goals. I highly commend Jacqueline under the guidance of Julia for the increase of followers supported by the various social media campaigns, showcasing our partners and funders involving MOT Coaches, youth, Brand Ambassadors and Staff – well done team.

The MOT Foundation has been walking steadily at our side with grace and guiding us as we move through the impact, growth and expansion of the MOT programmes in South Africa. As part of the MOT family, 2020 has emphasised the support and care we receive from the foundation. We thank you for being a steady pillar on which MOT SA can always rely on.

In July 2020, we bid farewell to our outgoing Chair, Prof Eltie Links, who had served almost eleven years leading the

Board of the newly formed MOT SA. He brought with him, a wealth of experience, and an extensive network of contacts of organisations and companies, which opened doors for our fund raising. He was the lighthouse that brought many a MOT “ship” home and through the growth difficulties we experienced in the early years. We all thank him sincerely for the time, dedication and hard work that he put into MOT and wish him all the best in his retirement.

I would like to express my heartfelt appreciation to the Board Members for their loyalty and time they have shared to support the MOT team and MOT strategic vision. Your input is valued and graciously received, thank you.

On page 31 you will find the feedback of the MOT youth reflecting the loving and caring nature of our trusted educators. On behalf of the MOT SA Board and Office, I would like to thank all our inspiring MOT Coaches who with abundance of heart give of their time to facilitate the MOT life skills sessions with the youth.

We truly appreciate your dedication, consistency and passion. You are the backbone of this organisation! We salute We celebrate You!

As we navigate in a sea of uncertainty seeking calmer waters, we will steer this ship by igniting the courage to lead, to sail with strength, to take decisive actions, to trust our human instinct and to be Leadership embodying love, compassion, empathy, conscious communication with Humanity and care.

Thank You for being part of Our Journey.

Thank You for Your **#CouragetoRise**

Yasmin Forbes
Chairperson: MOT South Africa

COUNTRY DIRECTOR'S REPORT



The year 2020 shaped the way we think about the Non-Profit sector, funding strategies and MOT SA programmes and training. With the help of our long-standing partners, funders and volunteers, MOT South Africa was able to run alternate (MOT X-tra) programmes, running virtual MOT life-skills sessions and contributing to the food security crisis in Cape Town. THANK YOU to all our MOT Associates who generously gave of their time and provided much-needed funding for MOT SA *Courage 2 Care* campaigns.

The COVID-19 Pandemic impacted South African businesses and educational spaces financially as well as employees and youth's mental health and wellness. Now more than ever, MOT values and principles are needed to empower South Africans with tools to strengthen their courage and resilience to overcome their daily challenges. We would like to take this time to acknowledge the efforts of true heroes, medical staff, teachers, and frontline workers. We salute you.

Due to the COVID-19 Pandemic National Lockdown and the extensive impact that it had on schools and the academic curriculum. The pandemic impacted the implementation of the formal MOT Programmes from the beginning of 2020 to the first quarter of 2021.

Today, MOT's structured programmes are in full effect, adhering to all the strict measures and necessary COVID safety protocols. The MOT SA core team, with the support of the MOT SA Board, looks forward to navigating our new virtual offerings for educational institutions, community organisations and corporate companies. Watch this space!

Our firm of professional Chartered Accountants, Low & Schreiber and our external auditors RSM South Africa, worked alongside the MOT SA office, ensuring that MOT SA's financial operations were

strengthened, and all risk minimised. Thank you for continuing to support MOT with probono services when the organisation needed it the most.

The MOT SA team, Andiswa Makha, Jacqueline Carolus and Bernelee Luke, I am very proud of you and eternally grateful for your hard work and commitment throughout what could only be deemed as a very challenging year. You are the very embodiment of the MOT values and spirit. THANK YOU!

The MOT culture has passed down from the MOT office to our MOT Coaches into the classrooms and throughout the communities we serve. I echo our MOT SA Chair's sentiments; we celebrate all your hard work and achievements throughout 2020 and we believe you will continue to promote MOT's values and philosophy in your daily lives.

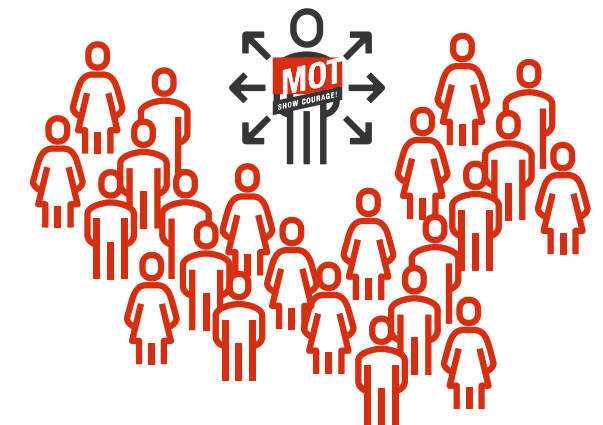
We have launched an exciting new venture! MOT SA is proud to work with The Rotary Club of Wynberg, Haugaland Upper Secondary School, Karmøy Rotary Club, Rotary Districts 2250 and 2275 and the Rotary Foundation as an implementing partner and training service provider based on the current need for peace building and conflict prevention in the Grassy Park Community. Three Grassy Park high schools were identified to partner with the organisations in the rollout of the project: Fairmount Secondary School, Zeekoevlei High School and Lotus High School. Visit MOT SA's website and social media platforms to receive updates on the Grassy Park Courage to Care Project.

As we move into a new era, MOT aims to be the life-skills programme at the forefront of the psycho-social needs and support for high-school learners and TVET college students. MOT SA is developing a hybrid offering of both

virtual and in-person training and support. A huge thank you to MOT Foundation, MOT SA Board of Directors, Implementing Partners, Funders, MOT Coaches and MOT Youth. The MOT Programmes success and impact is all thanks to you and your efforts. Well done! The MOT SA team looks forward to working with funders and partners on the new and exciting journey that lies ahead.

Julia Benjamin
Country Director: MOT SA

***“The MOT culture has passed down from the MOT office to our MOT Coaches into the classrooms and throughout the communities we serve.*”**



BOARD OF DIRECTORS



Yasmin Forbes

Yasmin Forbes, a Chartered Director, MBA and savvy technology industry executive with over 35 years of extensive professional expertise and significant executive leadership track record. Before starting her own business, Yasmin worked with Technology multinationals such as WordPerfect Corp, Novell, Hewlett Packard, Microsoft and Oracle predominately in Strategy, Sales, Technical and Business Development. Yasmin has supported many NPOs bringing together student, academic and business leaders to improve lives and address the Sustainable Development Goals. She is passionate about people development and consistently makes use of her tech-savvy skills to empower, uplift and transform the lives of women and youth all over the globe.



Keith Loynes

Keith Loynes, holds a Higher Teacher's Diploma in Commerce from the University of Cape Town and a National Higher Diploma in Management Practice from Cape Technikon. He is the founder-editor of the publication TVET College Times. He was the member of the National Landscape and the Merger Operational Task Teams that lead to the formation of the fifty public TVET Colleges in South Africa. He was among the founder members of MOT SA.



Jannie Isaacs

Jannie Isaacs, holds a Teacher's Diploma (Technical), a National Certificate – and a Higher National for Certificate for Technicians, a BA, Bed from the University of the Western Cape and a MBA from the University of Stellenbosch, Isaacs is the former principal and CEO of College of Cape Town and a founder member of MOT South Africa.



Mrs Kubeshini Govender

Mrs Kubeshini Govender is an experienced educationist, working in the arena of school leadership, management and governance. She is currently a Chief Education specialist, managing a provincial project for Minister Debbie Schaeffer and the Western Cape Education Department. Her strengths are in diversity and transformation management as well as invitational leadership and appreciative inquiry.



Brian Dalton

Brian Dalton has extensive experience in all aspects of management with a specialization in human resources and talent development fields. This experience gained in diverse industries ranging from mining, manufacturing, pharmaceutical and retail and for the past 27 years as a management and business consultant.



Mike Schreiber

Mike Schreiber is a Chartered Accountant with experience in numerous business sectors. Having spent several years in a large audit practice, he currently runs his own accounting, tax and audit practice in Rondebosch. The practice caters mainly for smaller business entities, NPO's and individuals. He is actively involved in serving the community through his longstanding association with Wynberg Rotary, where he has served on the Board for ten years.



Blum Khan

Blum Khan is a successful executive in the financial services sector. Blum has enrolled at the University of Cape Town for the Chartered Accountants qualifying course and subsequently qualified as a South African Chartered Accountant in 1980, a year earlier than the prescribed time. He then started with a stint in Namibia with Shell Oil, thereafter relocating to Australia where he worked in the Oil and Gas industry, then large scale property development and the financial services sector before returning to South Africa after 12 years. Back in SA, he lead MHG – a large health administration and managed care company as the CEO.



Nana Aston

Ms Nana Aston has 13 years of experience as a legal practitioner, with a degree in law. In 2016, she completed a Compliance Management qualification at UCT. Before she joined Old Mutual as a Company Secretary in 2020, she was a Group Company Secretary and Legal Advisor for Sea Harvest. In 2013 she joined Pearson setting up compliance and risk frameworks, specialising in risk management and advising on various regulatory frameworks. Having provided legal and governance advise at executive and board levels, Ms Aston has honed her analytical and strategic thinking abilities which makes her resilient with a fervent work ethic.



Malerato Goba

Malerato is a qualified Chartered Accountant with over 10years corporate experience in both the public but largely the private sector, in Audit (local and international), Transportation, FMCG and now in a company in the Environmental industry in the capacity of CFO. Malerato is passionate about South Africa and its sustainability, its people, development and growth. This needs to be carried forward and therefore, she's greatly passionate about all thing's youth empowerment; not only as youth leader in her church and now looks forward to further driving this passion through MOT SA.

Having lectured at the university of Cape Town this past year, it's been an added solid reminder that we can all help the next generation and be the stepping stone for many, as every child deserves that opportunity to realize the abilities and courage within.



MOT BRAND AMBASSADORS



Simon Ekin
Professional Public Speaker



Siya Kolisi
International Rugby Player
& Founder of Siya Kolisi Foundation



Robin Banks
International Motivational Speaker

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 commitment to ensure that our youth are equipped, empowered and strengthened with awareness, resilience and courage;

Courage to Care, Courage to Live, Courage to say NO.

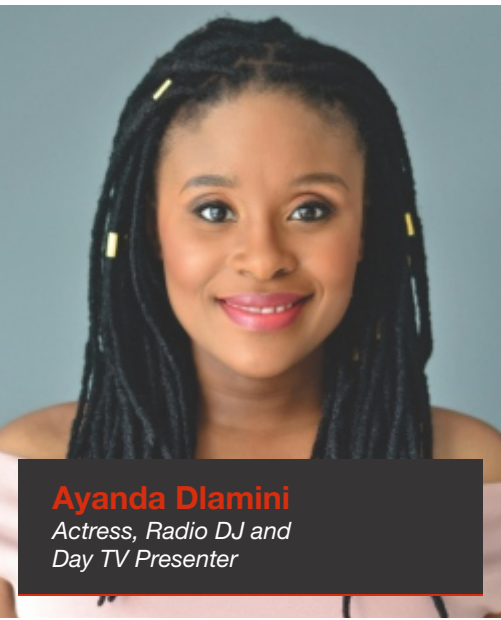
COURAGE



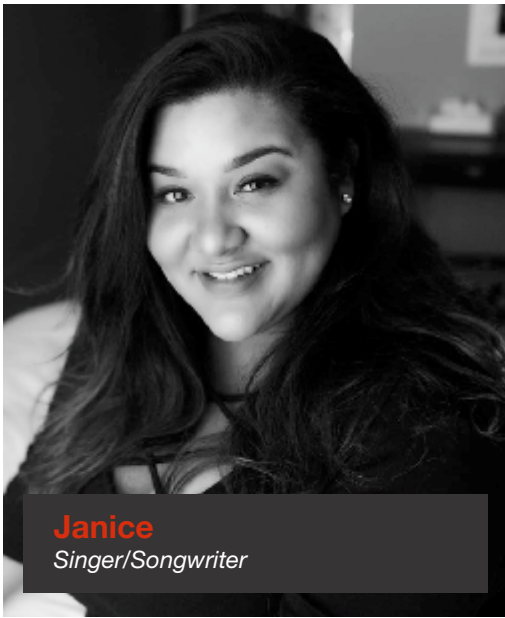
JP Duminy
Former Professional Cricket Player & Founder of JP21 Foundation



MJ Li
World Kungfu Champion, TV and Radio Host



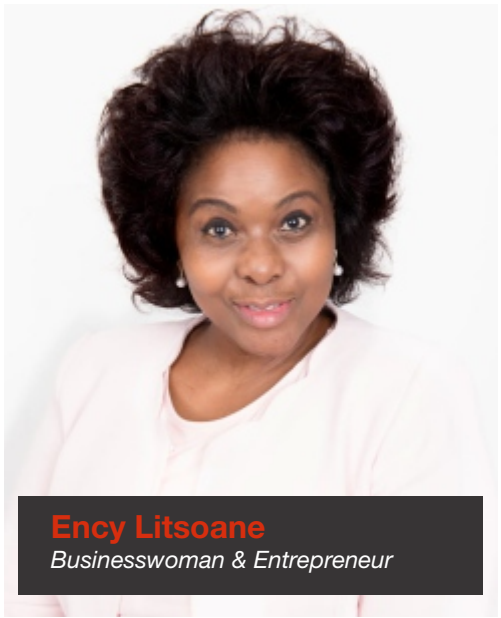
Ayanda Dlamini
Actress, Radio DJ and Day TV Presenter



Janice
Singer/Songwriter



Carl Wastie
Radio Presenter & Media Personality



Ency Litsoane
Businesswoman & Entrepreneur

MOT COACHES BASIC EDUCATION

Every child deserves a champion—an adult who will never give up on them, who understands the power of connection and insists that they become the best that they can possibly be. – Rita Pierson

This is exactly what a MOT Coach embodies. A MOT Coach reaches the youth in a Youthful, Innovative and Sincere (YIS) manner, connects with them, and allows them to be vulnerable and to be themselves. MOT Coaches are our youth's role models whom they whole-heartedly admire and who creates a warmer and safer space for them to feel good about themselves and to be vulnerable.

In February, MOT SA held our MOT Coaches' Basic Education and educated 24 passionate and inspired MOT Coaches that consisted of principals, teachers, youth and volunteers!

We are proud of all our MOT Coaches for their hard work and dedication in empowering the youth to master their own lives and shape the future they want for themselves through the MOT Programme.

We hope to continue to develop robust youth to be resilient role models which contributes to our principle into making the world a warmer and safer place.



"What I like about the MOT Programme is that provides youth with the necessary tools and scenarios on how to deal with future challenges in a way that will benefit them well."



"The MOT Coaches Basic Education helped me to reflect on my own actions and what I can improve on within the class and in my life. I realized that my core values are what sets me above the rest"

"The training and discussions helped me to re-evaluate how I do things within the classroom and I am looking forward to implementing the many ways I could run my teaching and MOT sessions."



"It was very interesting and inspiring. The learners I work with will definitely benefit tremendously if they could take it as their own."



"MOT creates an inclusive atmosphere and is exactly what I would like to promote within my classroom."



"The values and principles are relatable and is exactly what the youth needs to strengthen their outlook of life."



"It made me think of more creative ways to approach certain situations differently and in a more mindful, instead of giving up."



MOT COACHES FEEDBACK



I have come across several enrichment programmes over my time in education, but none have impacted me as much on a personal level as the MOT Programme.

On reflection, it is very clear to me that there has been a significant impact on the lives of young people due to their exposure to the MOT Programme. I have seen students who have very low self-esteem, blossom into

amazing and confident young people because of their exposure to the principles of MOT.

I remember a specific training session where students were taking part in the paper plate exercise. One student that had been quiet during the training was looking at his plate and overjoyed with the perception that his fellow students had of him. He then told me “Well I will have to live up to this!”.

I think that this is a critical and fundamental part of the success of the MOT programme. It gives students a high standard to strive for and they see that they are capable, resilient, and strong individuals.

This small token of recognition written on a paper plate, goes a long way in boosting self-esteem and bringing students out of a shell that they may have formed around themselves as a protection barrier. We are seeing more often, where students who have embraced the MOT programme and used this as a positive influence in their lives, go on to spread the positive message to others and to give back to their communities in providing leadership and direction to others.

What an amazing testament to any programme! Making a difference in the lives of young people and making them stronger and bold enough to make a difference in the lives of other young people.

Melanie Vermaak
MOT Coach and Acting Deputy Principal,
Academics at False Bay College



MOT COACHES FEEDBACK



It's been a great pleasure for Sakhisizwe YDP to partner with MOT SA since we attended the MOT Coaches' Basic Education in 2020.

When the pandemic hit South Africa, we were happy to have received support from MOT SA who assisted our beneficiaries and their families with food vouchers.

Once the government announced schools to be in service again, we hosted 3 MOT sessions with our youth. Our youth responded well to the MOT Programme and it was shown that MOT was one of the top 3 programmes that our youth wanted to continue within the next years during our end of year evaluation. Our youth enjoyed the openness of the programme, as it related to what they are currently facing as youth in their community.

We look forward to hosting even more MOT sessions in 2021 and the years to come. We are happy to be a part of a programme such as MOT and to see our youth taking right choices in life and making sound decisions.

Lelothando
MOT Coach and Sakhisizwe YDP Programme Coordinator



COVID CARE PROJECT

In July we kicked off a MOT X-tra Programme called- the COVID Care Campaign that was in proud partnership with PPC Africa and JP21 Foundation, and JP21 Foundation Founder & MOT Brand Ambassador, JP Duminy to empower our youth with tools on how to take care of their physical and mental wellness during the pandemic.

An outstanding total of 586 learners from Yellowwood and Hyacinth Schools in Mitchell's Plain were empowered!

The MOT Xtra Programme was created as a response to the COVID-19 pandemic to ensure that as MOT SA, we can still reach youth and empower them to be courageous, resilient, and active citizens during the lockdown period and beyond.

The MOT sessions were run by our Programmes and Training Team, Andiswa Makha and Marlon Van Diemen, our Young MOTivators (Youth leaders), Cheslyn Rippenaar, Shouneez Dearham and Patricia Africa and the coaches from JP21 Foundation, who promoted physical wellbeing through good nutrition and exercise regimes.

The programme consisted of interactive life-skills activities focusing on COVID-19 health and wellness to keep our youth motivated and strengthened, all the while staying safe and healthy!



MEET THE MOT SA TEAM

Julia Benjamin
Country Director

I love the *Chest of Development* MOT tool. It has opened my eyes to the importance of using our struggles and challenges as a means to grow and develop and to bless others in return.

This particular tool has been instrumental in the way our youth look at the challenges life has presented them. We will always be faced with new challenges in every arena of our lives, it is up to us on how we view those difficulties, how we move through it and how we grow from it.

The *Chest of Development* has given new meaning to a phrase I have heard many times before, “*Failing Forward*”. Failure and making mistakes are a part of life. We can use those defining moments as learnings and turn them into positive lessons to make ourselves and others more robust, resilient, and courageous.



From Left: Bernelee Luke, Jacqueline Carolus, Andiswa Makha, Julia Duminy

Andiswa Makha
Programmes and Training Manager

When we start a new year, we always wish nothing but good fortunes and generally positive experiences. It has been an extremely difficult year, someone beautifully explained 2020 as “that feeling of looking both ways before crossing the street...and then getting hit by a plane. Our youngsters would say, “It showed us flames”. It was literally one negative incident after the other but as advocates of MOT who understand the meaning of the values, we had to drink our own cool aid. That meant having the courage and lean more towards the positive, no matter how small those sparks of joy were.

Our work environment gave us that space where we got to be deliberate in thinking about the positives in our lives and magnify that. Family became that source of joy, close friends became even closer and that made challenging experiences a little easier to bare. I got to remember that life is truly a precious gift...health an asset we must cherish with all our being as we truly live on borrowed time. I pointed my flashlight towards these spheres and developed an attitude of gratitude

The sunflower looks into the light to grow and thrive. We make lemonade!

Jacqueline Carolus
Office and Social Media Administrator

I've been a part of the MOT Family since 2013 as a MOT Youth and joined the MOT Office in 2016 and I can truly say that I've become a part of the good gang who always sees the best in me and who encourages me to be the best version of me that I can be.

One of the MOT tools that really stood out for me is the invisible backpack. This is having the awareness that everyone has an invisible backpack where they carry their burdens. I use this tool daily. It helps me show empathy, to have patience and to always try to believe the better of others.

I am grateful for the wonderful opportunities MOT has afforded me.



Bernelee Luke
Programmes and Training Assistant

I've been working at the MOT Office since 2018 and since being a part of the MOT family, I have learnt so much about myself and the youth I had the privilege to work with.

During my MOT Coaches' Basic Education, the exercise that stood out the most to me was the 1:6, for each positive complement/feedback we receive, we receive 6 negatives. With the help of MOT's values and principals, I am able to create awareness amongst our youth and even adults to change that 1:6 to 6:1.

MOT ENTHUSIASTS GATHERING

“Helping Hands” – this was the theme for our first event for 2020 which took place on Friday, 6 March 2020. We hosted our MOT Enthusiasts' Gathering at our partnering TVET College – False Bay TVET College, Khayelitsha Campus. It was a day well spent reuniting with our MOT Family and meeting new friends.

The theme “Helping Hands” means living Madiba's Legacy in working together to achieve the change we want to see in our country. This is what MOT aims to do.

The MOT Enthusiasts' Gathering celebrated all that MOT has achieved and the exciting journey that lies ahead in its growing phase.

The purpose of the event was to inspire, to MOTivate and to ignite a passion for creating change with our MOT Team made up of educators, principals, CEOs, Youth (college and school), community organisations, parents, teachers, community volunteers, government officials – Department of Education and Social Development, corporate sponsors, MOT Brand



Ambassadors – local celebs/role models in communities, sponsors and partners who were in attendance. The event aimed to empower and strengthen our youth, acknowledge excellence and hard work, celebrate achievements and uplift communities. We acknowledge that without our key partners mentioned above, MOT would not be able to reach their goal.

Young MOTivator, Preston Saayman from Boland College, Caledon Campus presented his poem and spoke about what MOT means to him. “I am so happy

that I could meet with the founder of MOT himself so that he can see what footprints he leaves behind. Thanks to MOT I've been reunited with my family. I've become more courageous and much more driven towards life itself.”

MOT Coach and Young MOTivator, Cheslyn Rippenaar spoke about what MOT means to him and shared MOT SA's 2020 theme: Courage2Rise which means to rise above all negative circumstances and go for your goals and dreams.



Pictured from left to right: Preston Saayman, Founder of MOT Atle Varvik and Cheslyn Rippenaar

COURAGE TO CARE DAY

*“No act of kindness,
no matter how small,
is ever wasted” – Aesop*

Courage to Care Day is a day that is celebrated annually by our MOT Family. This day is about expressing kindness and love to friends, family and strangers by spreading joy.

The day aligns with MOT's core values – Courage to Live, Courage to Care and Courage to Say no, as well as MOT's Vision to create a warmer and safer society.

We believe that each person has the power and courage to make a difference in the lives of others, no matter how small.

View below to see what some of our partners got up to, to celebrate the day:
Sakhisizwe YDP

When the lockdown was lifted and facilities were made open, the MOT Coaches and staff at Sakhisizwe prepared their classrooms for their grade 7s and grade 12 by cleaning and painting their classes.

False Bay TVET College, Mitchell's Plain Campus

Young MOTivators, MOT Coaches, and the SRC students from Mitchell's Plain Campus held a campaign to raise over 200 canned goods and donated it to the Mitchell's Plan Can Project in their community.

West Coast TVET College, Atlantis Campus

Our MOT Youth, Young MOTivators and the SRC students from Atlantis Campus prepared and handed out soup to the families in their community!

Port Elizabeth TVET College, Dower Campus

Our Young MOTivators and MOT Coaches collected sanitary pads throughout the year to hand to underprivileged schools in their community. This is an ongoing project.

MOT SA Office

With the COVID pandemic putting our MOT Programmes on hold, such as activities, camps and training workshops, MOT SA hosted a Courage to Care Campaign by redirecting our corporate donations to participate in the feeding schemes currently in place by 3 community organisations: Sakhisizwe YDP (Imizamo Yethu, Hout Bay), Mbekweni YC (Paarl), JP21 Foundation (Mitchells Plain & Strandfontein).

We thank Pioneer Foods and CLP Foundation for your donation in providing funds for our campaign!

Thank you and well done to Young MOTivators, MOT Youth and MOT Coaches for playing your role as active citizens in your community and for showing the courage to care for others. Thank you to the MOT Coaches and staff for assisting the Young MOTivators with their projects as needed.

We are so proud of all of you for spreading happiness, courage & positivity wherever you go!



False Bay TVET College, Mitchell's Plain Campus



Port Elizabeth TVET College, Dower Campus



West Coast TVET College, Atlantis Campus



MOT SA Office

MOT ALUMNI FEEDBACK



I am Jerimedro Jacobs and I was trained as a Young MOTivator back in 2012. The MOT Programme was a guardian of hope. The tools I've learned got me through many challenges and I have MOT to thank for it. It not only gave me tools on how to deal with situations but also on my personal strength. It taught me to have self-respect, to love and care for myself first so that I can do the same for others.

The programme taught me to believe in myself, even if

others don't. And to get up, no matter how many times I have failed. It brought me to believe that no matter what happens, I still need to remember and hold onto the values I set out for myself.

9 years later, I still remember and live by the MOT core values – the Courage to Live, Courage to Care and Courage to Say No. My most favourite of them are the "Courage to Live" because it helped me to accept myself, no matter my flaws, and to lead my life with pride and bravery. It allowed me to showcase myself in a positive light and not be afraid to be vulnerable. And with this, I can inspire and motivate others to reach their full potential and to live their life with dignity.



My name is Darryll Fredericks and I am a Young MOTivator MOT Alumni from West Coast TVET College.

The MOT Tools have been a great light to me during the pandemic, as it helped me to focus on the positive and on what I'm really good at.

In 2015, I started my massage business with one client which later went on to become three. I went to study management assistant with 3 clients and even though it seemed like it wouldn't work out, I decided to keep on

pushing and not giving up. During the pandemic, my clients grew to over 100 as I decided to target more on those working on the frontline of my community, as they were the ones working hard and putting their lives at risk for us. I now have people approaching me so that we can go into a partnership.

So go for your goals and dreams, don't give up, and most importantly, use your MOT Flashlight!

Thank you, MOT for giving me the proper tools to navigate through life's ups and downs and for refreshing my strength and robustness.

Don't fear but Conquer Preston Saayman

Man what a time. What a time to be alive
Hug your husband hug your wives
Don't hesitate to take that coastal drives
Move with joy, happiness is what we for strive
It's a cold morning, dew drops on leaves
Eagle soaring, a new day begins
We all about the gains we all about the wins
A new days begins for you to shine
Have the courage to rise and grind
Have the courage to take on that fear
Have the courage to grip the steer
Pilot your path, highlight your path

Have the courage to take things far
Far and further. Life comes in waves well be the surfer.
Time is precious bring it nurture
Love has lessons become a learner
Face your demons and become stronger
Don't feed the monster for longer
Become a walker of nothing but honor
Have the courage to conquer



Siyathemba, Anele & Aurelio at CT International

FEEDBACK FROM OUR MOT YOUTH

1. What have you learnt about yourself during the MOT sessions and the MOT Coaches' Basic Education / Young MOTivators Education?

Anele Mpela (MOT Coach)

The MOT sessions allowed me to have the awareness that everyone carries an invisible backpack where they carry their burdens in and to have empathy. This contributed to my leadership and communication skills when dealing with others.

Nkgetheleng Gloria Bocheletsana (MOT Youth)

I have learned that everyone of us has a purpose in life and once you find that purpose there is absolutely nothing that can stop you from achieving your goals. All you need is to believe in yourself and your abilities. We are unique and no one can be you, that is your power.

2. How have the MOT sessions and the Young MOTivators Education impacted on your social skills, outlook on life, attitudes, thoughts and behaviour?

Anele Mpela (MOT Coach)

The MOT sessions allowed me to lead by example and practise what I preach, as I am a leader and someone that others look up to. I put in more effort in trying to get to know others and share my story more freely, which allows others to open up more about theirs. I now look at things more in a positive light and the morals and values I've learnt have stuck with me as I incorporate it in my everyday life with friends and family. I strive to do my best each day.

Nkgetheleng Gloria Bocheletsana (MOT Youth)

It has completely changed my mindset because now I know how to communicate effectively, being able to think positively during negative situations and to show empathy and respect towards my peers, no matter their backgrounds. It helped me to always look for the best in others and in situations.

3. What are your thoughts on MOT and its benefits for the youth of South Africa?

Anele Mpela (MOT Coach)

MOT can play an important role in the development of other youth because of the change it brought for me. It gives valuable lessons and tools that we can use when facing a difficulty and this programme allowed me to have perseverance even if it looks like nothing will come out of it. Our youth are empowered to be courageous and to be a positive role model within their community.

Nkgetheleng Gloria Bocheletsana (MOT Youth)

MOT is a great initiative for our youth, as it allows them to discover their potential and be the best version of themselves. It allows you to be stand up for your values and what you believe in and to always include others. Using the MOT values and principles will allow for a warmer and safer place for society and youth that are courageous. I believe that every youth needs to be a part of this programme as it encourages you to think beyond the negative you are facing go for your dreams and goals.

4. How have the MOT sessions developed you as a leader amongst your peers, in your community and/or at your College?



Anele Mpela



Darryll Fredericks



Jerimetro



Gloria

Anele Mpela (MOT Coach)

It helped me to always includes others within the classroom and to allow for honest and critical group discussions to help address certain issues within the classroom and the environments I find myself in. I show more confidence when presenting myself, but still do this in a youthful manner. Amongst my peers and in my community, I am respected as a leader as I love to help and put in the effort that brings a smile to those I have touched.

Nkgetheleng Gloria Bocheletsana (MOT Youth)

I lead myself in a different light now since MOT taught me to be role model within my community. It allowed me to take responsibility for my own life and my future and not blame others. I've learned the importance of communicating

clearly and effectively and to always speak positivity into the world. I speak more openly, I listen to their others views and problems and I care more like I never did before.

5. Other comments

Anele Mpela (MOT Coach)

I just want to say thank you to the MOT family for the unforgettable experiences, wisdom and life lessons that you have shared with me. Today I have the courage to live, to care and to say no; All because of you!!

Nkgetheleng Gloria Bocheletsana (MOT Coach)

MOT needs to expand throughout the world. It was great being part of this journey.

MOT SA'S

11th ANNUAL GENERAL MEETING (AGM)

The theme for our 11th AGM was #Courage2bReal which means being your authentic self.

Due to the COVID-19 pandemic, the prohibition of public gathering and social distancing, it was not possible for our stakeholders to attend this years' AGM in person and was therefore held via virtually via Zoom with over 70 attendees including MOT SA Founders from Norway and MOT Enthusiasts from South Africa!

Farewell and Welcome to new MOT Board Members

It was formally announced that our two beloved board members, Trish van der Merwe and Zozo Siyengo have stepped down as board members of MOT SA.

Both Trish and Zozo have been with MOT SA since 2007 before MOT officially started in South Africa in 2008. They have both fully embraced the MOT values and principles and have done even greater things in their own capacities.

"We would like to thank Trish van der Merwe and Zozo Siyengo for all the incredible work you have done while serving on the Board."

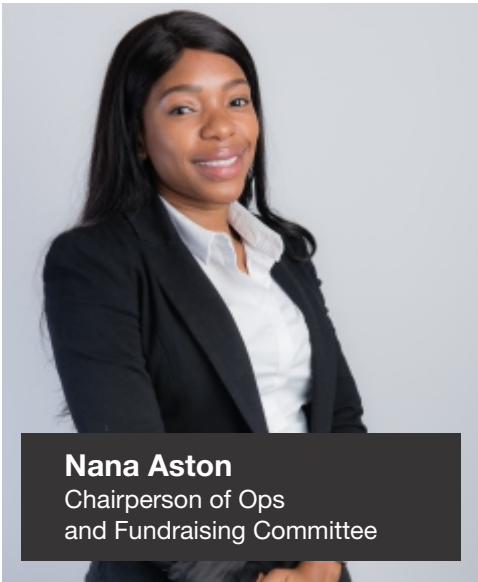
We would like to thank Trish van der Merwe and Zozo Siyengo for all the incredible work you have done while serving on the Board. You have touched many lives while working in the background to make MOT SA into the organization it is today.

While bidding farewell to two of our board members, we officially welcomed 3 more!

- Yasmin Forbes: MOT SA Chairperson,
- Malerato Goba: Chairperson of Ops and Fundraising Committee,
- Nana Aston: Chairperson of Audit and Risk Committee

We look forward to the great things that lies ahead and we're so proud to have such amazing women on board with us!

Welcome to the MOT family and everything of the best!



"While bidding farewell to two of our board members, we officially welcomed 3 more! We look forward to the great things that lies ahead and we're so proud to have such amazing women on board with us!"

MOT CHAIRPERSON, PROF ELTIE LINKS STEPS DOWN AFTER 12 YEARS



MOT Chairperson, Prof Eltie Links steps down after 12 years

After 12 years, Prof Eltie Links has decided to step down as the chairperson.

Without his wise counsel, courage, and guidance, MOT SA would not have been able to accomplish many of the things we have in the last decade.

He has tirelessly given his time and resources to build MOT and he has always believed and lived the MOT values and principles, always speaking well of MOT and the MOT Family whenever he has the chance.

Prof Links, as you look back on your time with us, please know that our achievements and growth would not have been possible without you.

APPOINTMENT OF NEW CHAIRPERSON OF MOT SA



We are delighted to announce the appointment of Yasmin Forbes as the new Chairperson of MOT.

Yasmin Forbes, a Chartered Director, MBA and savvy technology industry executive with over 35 years of extensive professional expertise and significant executive leadership track record.

She is passionate about people development and consistently makes use of her tech-savvy skills to empower, uplift

and transform the lives of women and youth all over the globe.

Yasmin has supported many NPOs bringing together student, academic and business leaders to improve lives and address the Sustainable Development Goals.

We look forward to working together under your leadership and taking MOT to the next level.

“Thank you, Prof. We learned a lot from you, your humbleness and courage to lead are what we will always remember about you.”
– **Nokulunga Sofoyiya**

“I, being a Young MOTivator, met Prof for the first time at the MOT Enthusiast Gathering this year. You gave me such inspirational advice and touched my heart by your kind words just by looking at me. You are truly an inspiration.”
– **Shouneez Dearham**

“Thanks, Eltie for who you are. People do not care how much you know until they know how much you care. Thank you for caring about MOT – it is valued and appreciated.”
– **Jannie Isaacs**

“Thank you Eltie for the fantastic work you have done to get MOT SA to this stage and thank you in advance for what you will still do for MOT SA. Your contribution will not go unnoticed and will be in the MOT SA foundations as a tribute to the legacy you have established.”
– **Blum Khan**

“Congratulations MOT for having Yasmin Forbes to lead MOT to the next journey of new possibilities! We await to witness phenomenal impact.”
– **Hawa Bibi Khan**

“Thank you for accepting the call, Yasmin. A huge congratulations to you!”
– **Marlon Van Diemen**

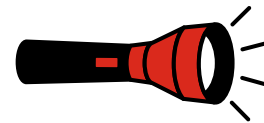
“Congratulations Yasmin and all the new board members. Looking forward to the great future ahead with your leadership.”
– **Jean Human**

“Congratulations, Yasmin. May your zest, care and leadership shine in your new appointment. Keep caring.”
– **Iris Bolton.**

MOT SA RESEARCH REPORT

TVET COLLEGE STUDENT AND SCHOOL LEARNER RESPONSES TO THE MOT PROGRAMME

**Research Report prepared by the
Institute for Post-School Studies (IPSS),
University of the Western Cape 2019**



Find the full report online at
<https://mot.org.za/2020/07/mot-sa-research-report/>



INTRODUCTION

The MOT programme has been growing steadily since it was first introduced to Technical and Vocational Education and Training (TVET) Colleges in South Africa in 2006. 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 questionnaire has been finessed through successive iterations. The 2019 report will be the seventh successive report since the research was piloted. The 2019 report however will be the first report on schools since the research was piloted. The report is based on responses from students who completed the MOT programme in 2017/2018 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 culture of the classroom, personal development, personal values and choices. These are in line with MOT programme curriculum themes. A copy of the questionnaire administered to students is available on request.

Scope of Study

From the 533 students who completed the MOT programme in 2018, 364 responded to the research questionnaire.

ANALYSIS OF THE MOT DATA

As with previous questionnaires, the questionnaire covered biographical information, and categories of questions related to how the MOT programme had impacted on students' classroom interactions with other students, personal development, personal values and choices. Students were asked to answer 'yes', 'no' or 'not

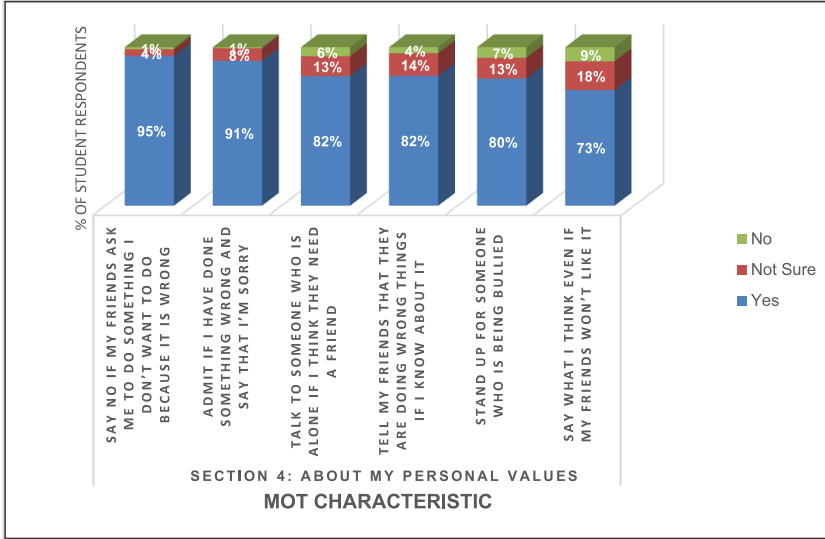
sure'. A final section asked for written comments on the programme. The questions in each section were based on the content areas that were covered in the MOT curriculum. Students were asked to reflect on their behaviour and attitudes before undertaking MOT and to decide when answering the questions, whether MOT had changed the way they thought, felt or behaved. Students could remain anonymous in the hope that this might make them answer more truthfully.

Students were also asked to comment on the MOT programme in an open-ended way. These qualitative comments provided additional insight into how students experienced the programme, and importantly, it provided a window into how MOT impacted on their lives and aspects of the MOT programme which they personally valued. The array of comments provided too many themes to capture in this report, many of which are not included in the quantitative questions, but some illustrative quotes are captured here to capture the meanings that students attributed to different aspects investigated quantitatively. The following overall findings are set out in the sequence in which questions were answered in the questionnaires.



The category of personal values was measured by student self responses as to how they responded to the others and uncomfortable social situations. As can be seen from the figure, high percentages of students reported that they were able to admit to and/or resist personal wrong doing.

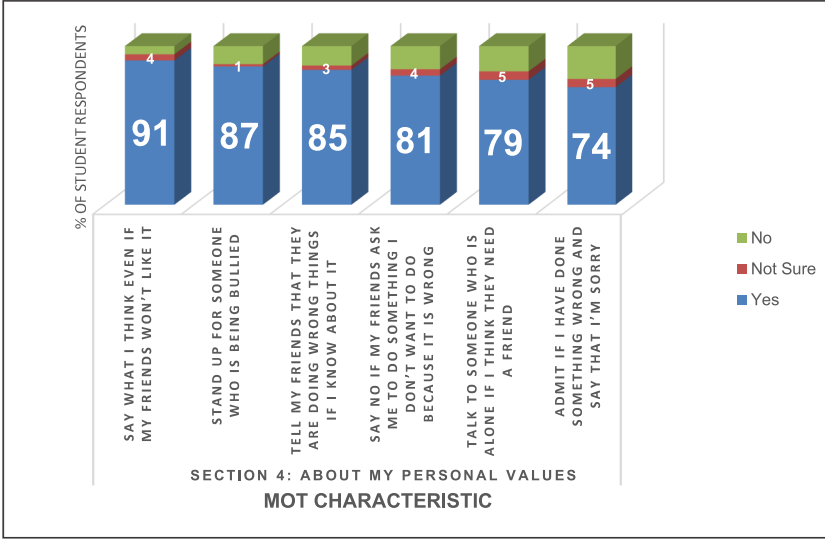
PERSONAL VALUES FOR TVET COLLEGES



The MOT programme has helped me so much, it helped me gain more self confidence in myself, helped me stand up for myself and say no when I had to.

MOT helped me become a better person and to know that it is okay to say no to a negative situation.

PERSONAL VALUES FOR HIGH SCHOOLS

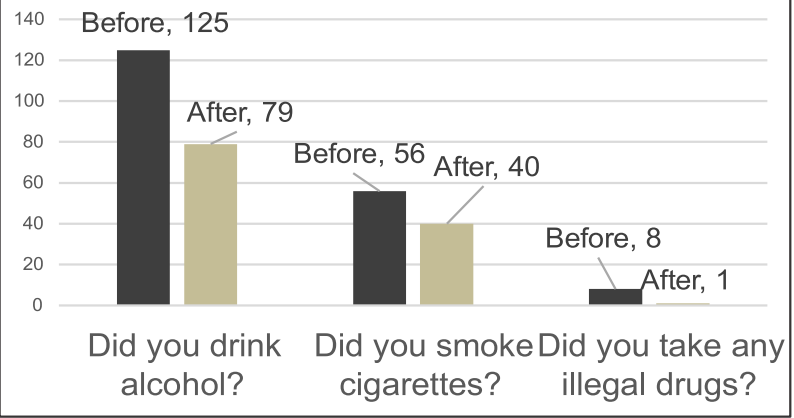


The MOT programme has really helped me to figure out what I want in life. It made me much more responsible and aware

MOT has helped me become a better person. I am more confident and make better decisions about my life. I am also motivated to achieve my goals and complete school.

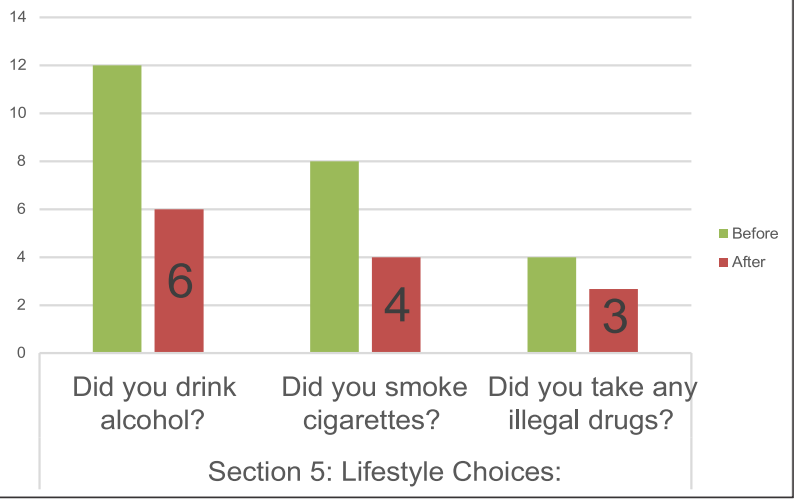
The number of students who have forsaken potentially harmful habits like smoking, drinking and drugs continues to be an area of continuing impressive achievement of the MOT programme. Students were asked whether they smoked, drank or did drugs before and after the programme. The results are shown in Figure 4. As can be seen 16 stopped smoking, 46 stopped drinking, and 7 stopped used illegal drugs.

LIFESTYLE CHOICES FOR TVET COLLEGE



The MOT coach gave us courage to live life and learn to say no to negative things in life.

LIFESTYLE CHOICES FOR HIGH SCHOOLS



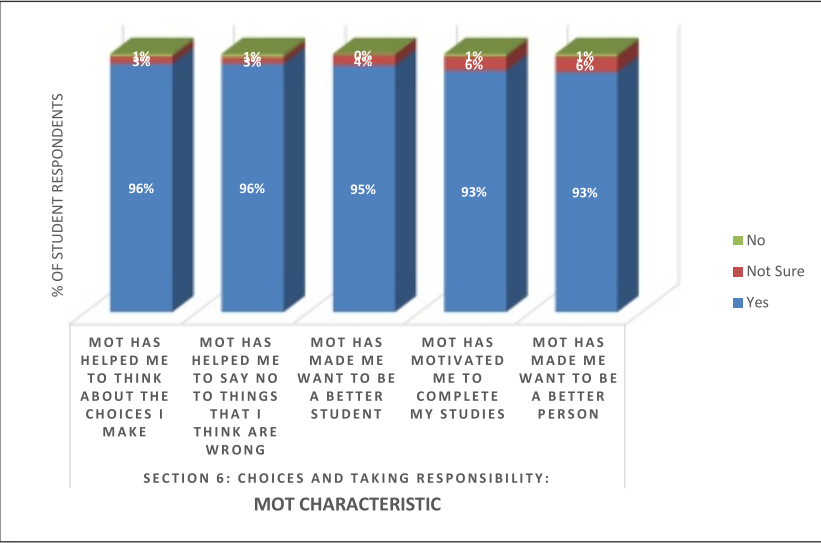
Finally, there was something to look forward to, to come to college.

I have grown as a person while doing MOT. I have completed my studies after giving birth

Whilst not all students stopped these habits, these are regarded as substantial personal successes in the cases of those students who did stop these habits. Given the difficulty that many experience in foregoing these habits, and the generally low success rate that many programmes achieve, the fact that students report having quit these habits at all and in so many cases attests to the impact of the MOT programme.

This section focused on the types of choices students made, with the academic persistence choices being particularly interesting. The questions referenced MOT's role in students making these choices.

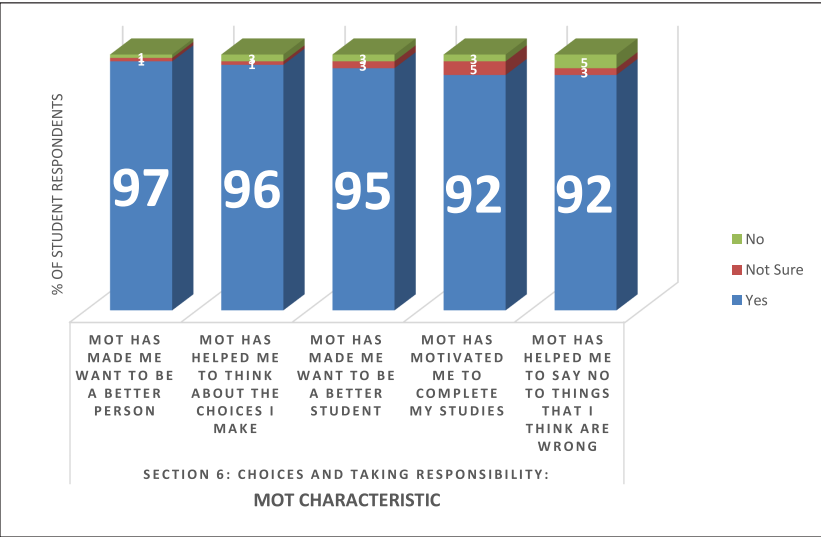
CHOICES FOR TVET COLLEGE



[The MOT Coach] was very encouraging when I wanted to drop my studies because of my family indifferences. She showed courage, kindness, motivated me and pushed me to reach the next level of my life.

MOT has encouraged me to be a better person and motivated me to complete my studies and to think about the choices I make.

CLASS CULTURE FOR HIGH SCHOOL

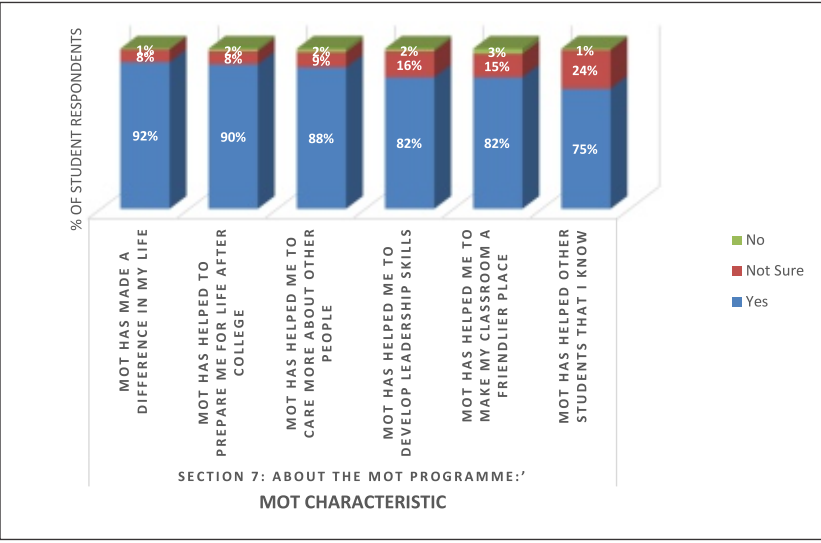


...the right words from the right person really does make a difference in a persons' life. MOT should always keep doing what they do because it really helps people overcome the challenges, they're going through.

My MOT Coaches have been the best throughout my 3 years in MOT and that is the reason I want to be like them and make a difference in others' lives.

This section asks students to specifically attribute the role that MOT played in their development as reported in previous sections. Students responses are provided in Error! Reference source not found.. As can be seen in descending order the number of students attributing personal characteristics' development to MOT, the responses were overwhlemingly positive.

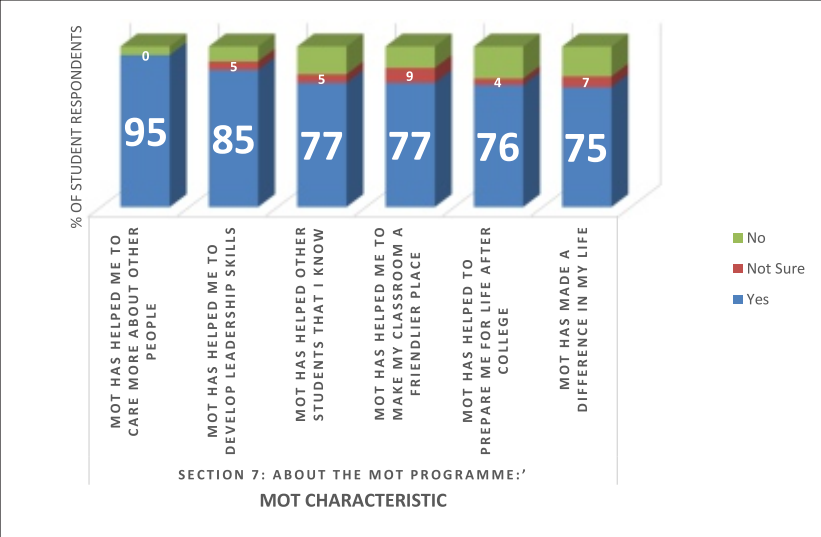
THE MOT PROGRAMME FOR COLLEGES



It was very good I learnt a lot about myself ... I also learned new things about myself....they helped me become a better person.

... it helped me to develop personal skills and to know my value and to always take other persons opinions. Today I am a better person than before.

THE MOT PROGRAMME FOR HIGH SCHOOLS

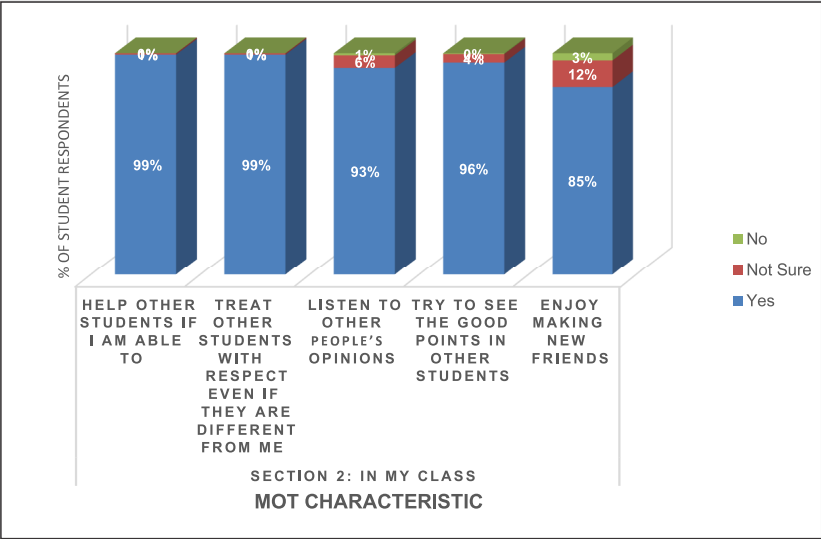


The MOT sessions were fun, emotional at times, but it is a safe environment to speak freely about any situation or circumstances.

I am proud that I am a better person now from where I began to the person I am now, there has been improvement.

This section of the questionnaire asked students individually to assess the impact of MOT on how they treat other people. This had the overall intention of understanding how MOT contributed to the culture of the classroom. As can be seen below, the responses were overwhelmingly positive.

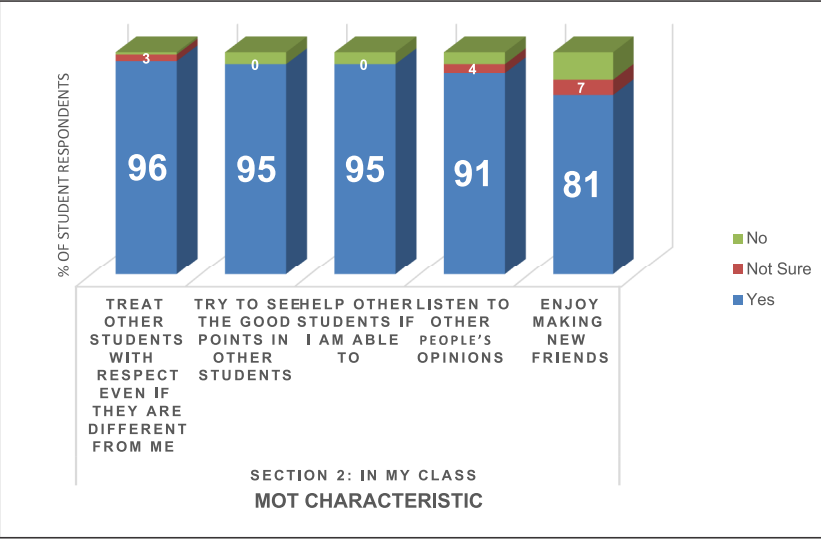
CLASS CULTURE FOR TVET COLLEGE



MOT has really helped me become a better person that I was before. I now have the courage which I lacked before. I am more comfortable with myself now. I have made more friends with my classmates and get to know them better.

MOT has helped me a lot. MOT gave me the courage to be myself. I've learnt so many and made a lot of new friends. Thank you, MOT, for helping me find my inner voice and myself.

CLASS CULTURE FOR HIGH SCHOOL

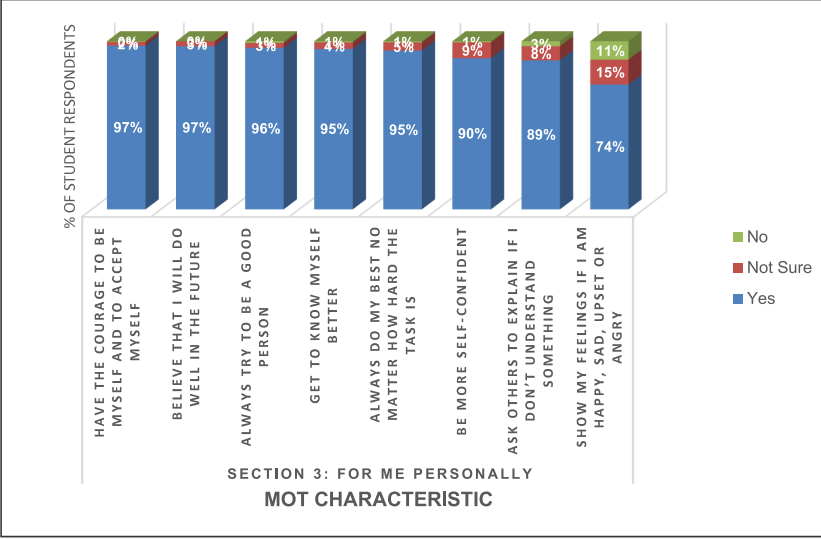


MOT has changed my life in many ways, like I am able to speak and socialise with other kids and people around me.

When I started at school, it was hard for me to adapt to other personalities and attitudes, but MOT taught me how to be peaceful with others as everyone comes from different backgrounds.

Self-knowledge and personal development were measured through student self-responses as to the current view of themselves. These constructs are held to be key elements of resilience. Figure 2 below shows the percentage of students who held positive views of themselves enabling to have the 'courage to act', a key attribute of the MOT programme.

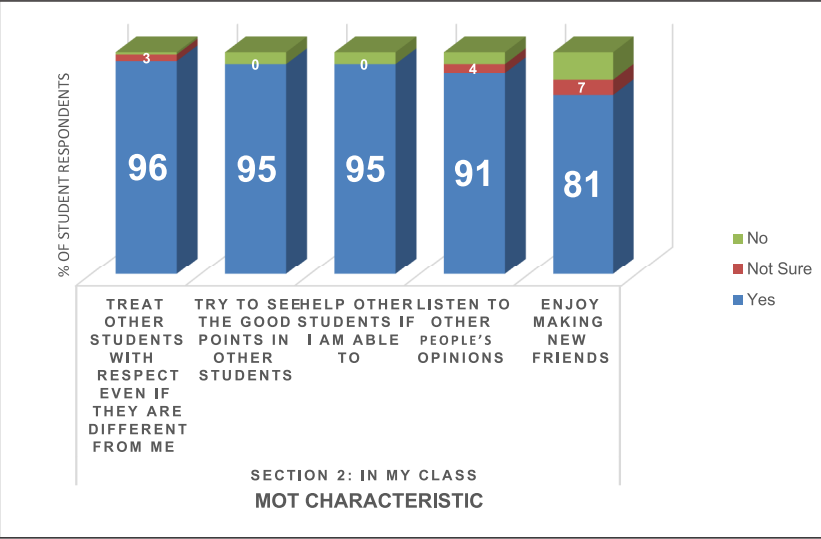
PERSONAL DEVELOPMENT FOR TVET COLLEGE



From the MOT sessions I have become more confident than I have been before. I put myself out there and I am not afraid to make mistakes anymore.

I was a very shy person when it comes to presenting in class. I used to compare myself with other people. In MOT I learnt to be proud of myself, now I can say I have confidence.

PERSONAL DEVELOPMENT FOR HIGH SCHOOLS



MOT has helped me find myself in a way that I thought I knew myself. The MOT educators in my school have also played a big role in my change. I used to be negative, but I have built up my positivity.

MOT has helped me in many ways. I've learned so many things about myself. I've become a better person and leader, especially after going on the camp.

MOT SA FINANCIAL REPORT

MOT SA
(Non-Profit Organisation 078-690)
Financial Statements for the year ended 31 December 2020

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2020

Figures in Rand	Note	2020	2019
ASSETS			
Non-Current Assets			
Property, plant and equipment	2	2	2
Current Assets			
Trade and other receivables		239 269	165 890
Cash and cash equivalents	3	83 105	84 312
		322 374	250 202
Total Assets		322 376	250 204
FUNDS AND LIABILITIES			
FUNDS			
Accumulated funds		61 355	133 854
LIABILITIES			
Current Liabilities			
Trade and other payables		11 021	11 537
Other financial liabilities	4	250 000	-
Deferred income	5	-	104 813
		261 021	116 350
Total funds and Liabilities		322 376	250 204

ANNUAL FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2020

MOT SA
(Non-Profit Organisation 078-690)
Financial Statements for the year ended 31 December 2020

STATEMENT OF COMPREHENSIVE INCOME

Figures in Rand	Note	2020	2019
Revenue	6	1 091 690	1 523 555
Other income		11 304	1 335
Operating expenses		(1 177 256)	(1 655 781)
Operating deficit	7	(74 262)	(130 891)
Investment income		1 761	14 047
Deficit for the year		(72 501)	(116 844)



CONCLUSIONS

As reported in previous reports, the results have been consistent across the reports, with marginal differences. From the results, it would appear that the MOT programme continues to make positive gains regarding how TVET college students perceive themselves and others, building positive attitudes, increasing resilience, and influencing better choices. Students in the MOT programme have also reported being more motivated to become better students and to complete their studies, an important influence given the high dropout and failure rates at TVET colleges.

Of the 30 indicators, over 90% of students felt that they had been positively impacted upon in 19 of the indicators, a further 8 indicators had over 80% of students report a positive impact and 3 indicators reported an over 70% positive impact – and even then students had in most cases indicated that they were not sure. On a few indicators however, a number of students indicated a firm 'no': mainly in the area of showing their feelings or confronting wrong doing by peers. However, again these results should be taken in the context that vast majority of students indicated that they had been impacted, and the various qualitative comments by students who spoke of the personal value of the course in opening up that aspect of themselves.

As in previous reports, it is suggested that students who have experienced the MOT programme at college are tracked at later points in their lives in order to ascertain whether there have been any lasting impacts of the MOT programme, or whether they have retained the positive attitudes that they reported so soon after their MOT experiences.

IMPLICATIONS OF RESEARCH

The results of this report have various implications for policy and practice. The first area is that students highlighted the positive impact of MOT on their academic motivation and persistence. A sister study has been commissioned to this report to ascertain whether these perceptions had been translated into objective gains on a larger scale.

As indicated in an earlier report, another area is that the humane dimension of the curriculum has been left to chance. TVET colleges often harbour a variety of narratives of hurt with students in their comments mentioning their low self-esteems, discovering their value, people believing in them and so on, and how this process of self-discovery has enabled them to discover their connectedness to others too. The evidence presented by students continues to support the conclusion suggested in an earlier report that

Older events in South Africa's history that have continued into the present suggest a strong need for South Africa and South Africans to be granted opportunities for healing. And those students who have the least protection from disruptive life events and circumstance also tragically have the least access to resources to assist them to cope. Failure to specifically plan for such a curriculum which develops courageous, self-confident and socially aware human beings, and which provides access to a set of tools for the most vulnerable to develop a measure of resilience, runs counter to the history of this country. If the results of feedback from students reported here are any indication, then we can be cautiously optimistic that there are signs ... from which can be drawn seeds of a renewed national conversation about the 'what' and 'how to' of values being embedded in curriculum.



MOT PARTNER COLLEGES, SCHOOLS & COMMUNITY ORGANISATIONS

TVET COLLEGES



HIGH SCHOOLS



**GARDENS COMMERCIAL
HIGH SCHOOL**



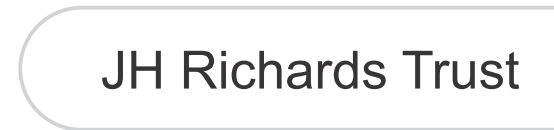
**SANS SOUCI
GIRLS' HIGH SCHOOL**
ESTABLISHED 1960

COMMUNITY ORGANISATIONS



GIVING THANKS & GRATITUDE TO MOT PARTNERS

Corporate Partners, Funders & Brand Ambassadors



Lombardi Family
Charitable Trust



BANKING DETAILS FOR ALL DONATIONS TO MOT SA

Account Name: MOT SA
Cheque Account number: 4072600581
Bank: ABSA
Branch swift address: ABSAZAJJ
Branch clearing code and International code: 632005

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 points in terms of the B-BBEE Code of Good Practice.





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Email: info@mot.org.za
Web: www.mot.org.za

Organisation

ORGANISATION
The national leadership is a solid foundation for implementation, financing and reputation

Vision

VISION
A warmer and safer society.

VALUES
Courage to live
Courage to care
Courage to say no

PRINCIPLES
Work pro-actively.
See the whole person.
Reinforce the positive.
Give culture-builders responsibility.

Values

Associates

ASSOCIATES
The right enthusiast who creates value based performances.

MISSION
MOT shall develop robust youth, who include all, by strengthening awareness and courage.

Important instruments are MOT's philosophy, programmes, initiatives, logo and partnerships.

MOT shall be outstanding at reaching young people in a Youthful, Innovative and Sincere way.

Mission



Principles