



MOT SOUTH AFRICA ANNUAL REPORT

2023

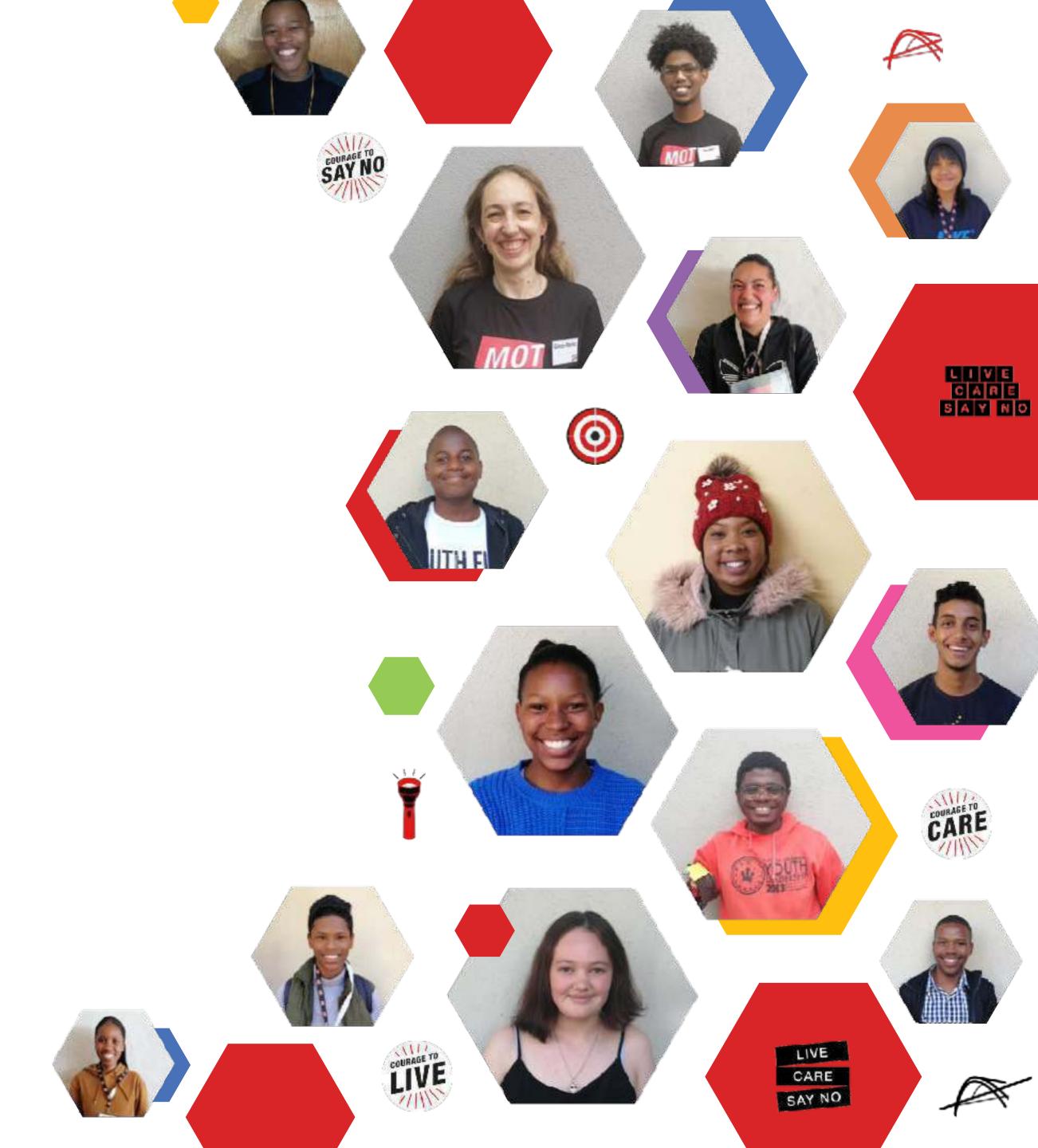


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DONATE TO MOT

Your generosity changes lives. With each donation, you ignite hope and courage in the hearts of our youth. Your support empowers them to overcome challenges and embrace their potential. Together, we create a warmer, brighter and safer future for all.

Banking Details:

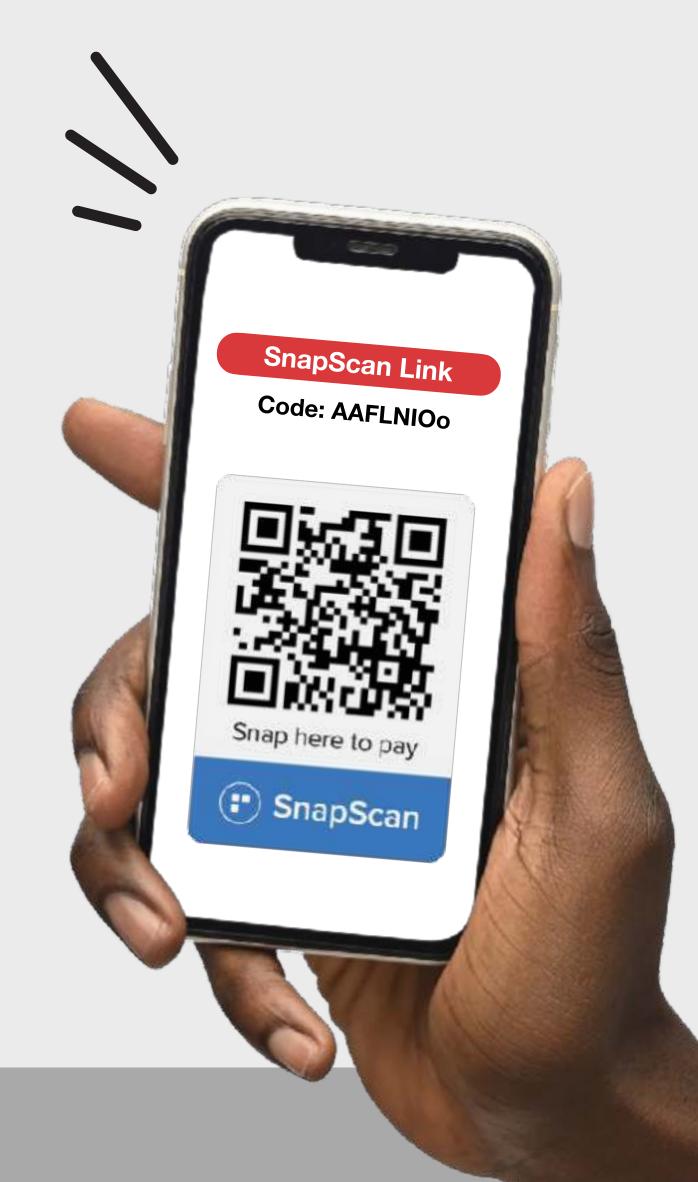
Account Name: MOT SA Account number: 4072600581

Bank: ABSA

Branch swift address: ABSAZAJJ

Branch code: 632005









DONATE TO MOT



Join" Myschool and "Update" beneficiary

MYSCHOOL MYVILLAGE MYPLANET

Give the Gift of Courage to our Youth every time you shop at a MySchool partner. MySchool MyVillage MyPlanet allows anyone to raise funds for MOT South Africa, without it costing you a cent!

01

Join MySchool MyVillage MyPlanet here 02

Add MOT South Africa as your cause/beneficiary

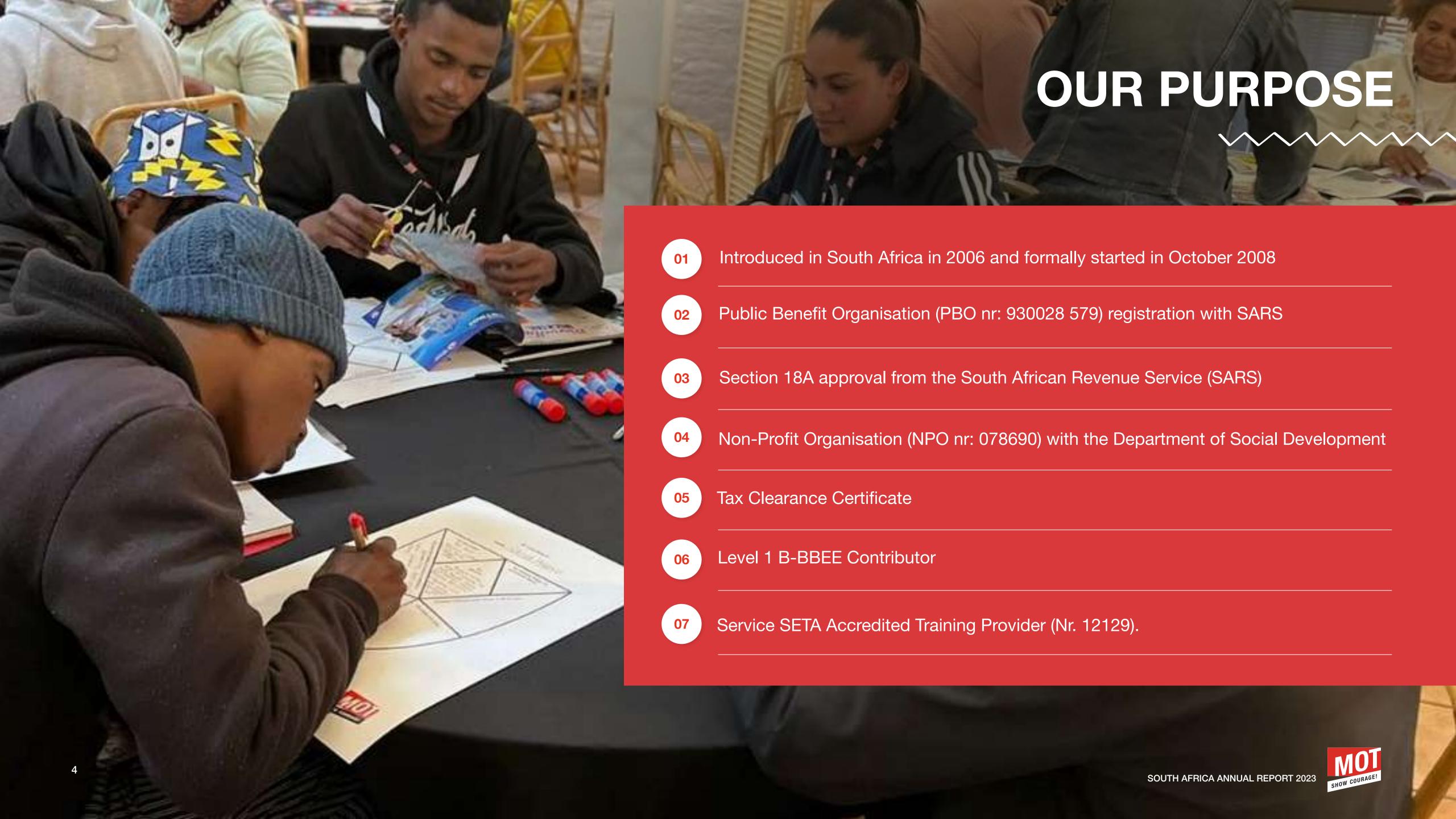
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Swipe your MySchool MyPlanet MyVillage card at any Partner

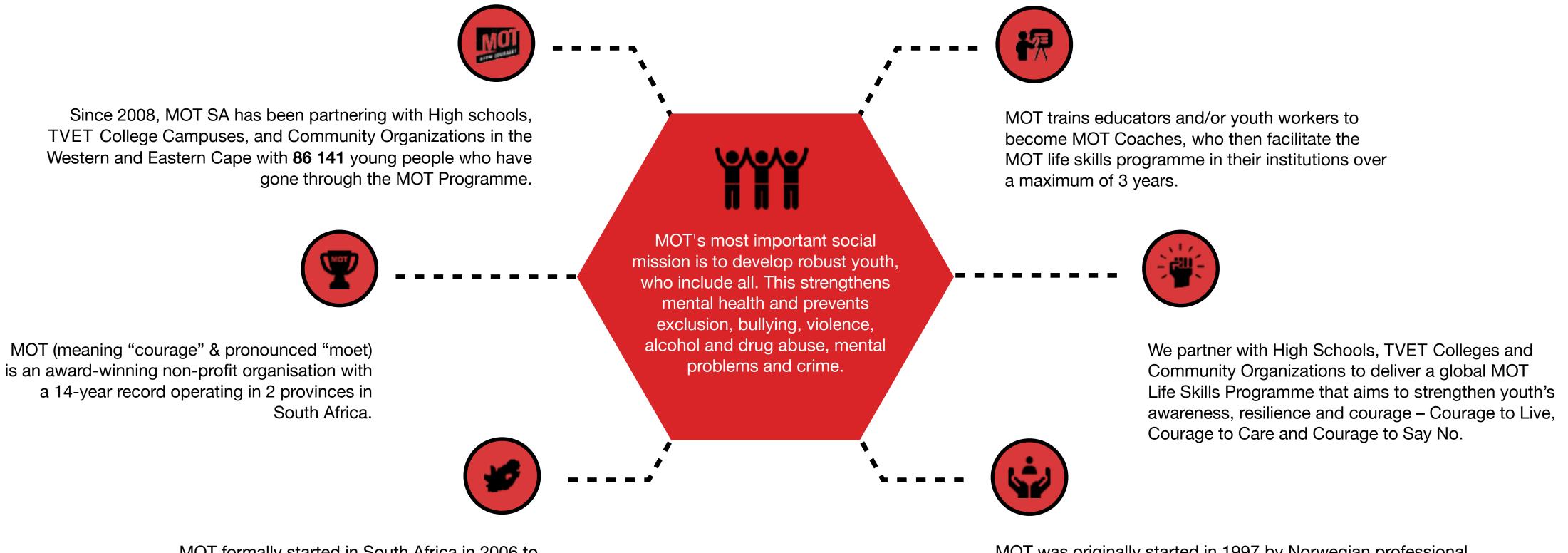
Already a MySchool card holder and want to Add MOT as a Beneficiary?

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





OUR MISSION



MOT formally started in South Africa in 2006 to address various challenges facing South African youth, such as high drop-out rates, lack of discipline, bullying, and substance abuse.

MOT was originally started in 1997 by Norwegian professional athletes who realised the importance of courage and believing in your dreams. They wanted to support the youth to take a stand against bullying, violence, and drug abuse, promoting peace, conflict resolution, ubuntu and a values-driven culture.



FAQ ABOUT THE MOT PROGRAMMES



What are the outcomes of those who have gone through the MOT Programmes?

Youth who are more focused and committed to improving their academic and professional performance

Youth who are self-aware, active citizens and role models in their community and their spheres of influence

Youth who feel included and actively contribute to the team

Youth who make conscious choices and take responsibility for their own lives and future

A team culture of respect, accountability and inclusion

Improved social and mental wellness



What makes MOT different?

MOT is a culture-building tool and does not only focus on empowering youth but is also a society builder. MOT has a positive approach, focusing on the solution rather than the problem.

The programmes strengthen the individual's robustness and awareness and promote robust and constructive relationships - safe class environments, inclusive school cultures and sustainable local communities.

MOT invites you to understand yourself as individuals and empowers you to take charge of your learning and development.



How?

The programme includes practical tools, such as storytelling, and thought-provoking questions that allow for youth to reflect on their beliefs, convictions and those of their peers and group work.

MOT creates a magical atmosphere that inspires young people to strengthen their ownership of the MOT values: COURAGE to care and COURAGE to say no, and to become better at building themselves and others.





CHAIRPERSON'S REPORT

I am delighted to reflect on the incredible year we have had since my appointment as the Chairperson of MOT SA in August 2022. It has been an honour to serve alongside Beryl Kerr Ferguson, our Deputy Chairperson. I must acknowledge the exceptional leadership of Yasmin Forbes, who has been with MOT SA since 2019 and also served as the Chairperson of MOT. Filling her shoes was no small ta

I am immensely grateful to Viola Manuel, our Country Director, and her remarkable team for their patience and guidance as we found our footing in our new roles. Both Beryl and I extend our gratitude to the MOT SA Board for their invaluable assistance throughout the year. Undoubtedly, this year presented its fair share of challenges as we navigated the aftermath of the COVID-19 pandemic. Many organizations, both in the NGO sector and the business world, had to close their doors. However, I am thrilled to report that MOT SA not only persevered but thrived under the exceptional leadership of our Country Director. We managed to keep our doors open and retain all five of our dedicated staff members. Our deep appreciation goes out to our funders for their unwavering support during this difficult period.

For a comprehensive overview of our highlights, I encourage you to <u>visit our website</u> and <u>Explore our Annual Report</u>. It showcases the incredible strides we have made as we continue to recover from the impact of COVID-19. We wish you all the best and look forward to the exciting times ahead.

Explore Our Annual Report

Thank you sincerely,

Ency Litsoane Chairperson of MOT SA



COUNTRY DIRECTOR'S REPORT

As we reflect on the past year under the theme #CourageoverFear, we're filled with pride. Despite the challenges brought on by the aftermath of the COVID-19 pandemic, we persevered and had a successful year.

In 2022, MOT Global celebrated its 25th anniversary. It is awe-inspiring to contemplate the global impact MOT has had on the lives of young people since its establishment during the 1997 Ski World Championship in Trondheim, Norway. Our deepest gratitude goes out to the visionary founders of this organization for their dedication and leadership. We eagerly anticipate many more years of empowering youth and helping them reach their fullest potential.

We're thrilled to share that our MOT Programme has made a positive impact on 9931 young people, thanks to the efforts of our 372 active MOT Coaches. This year, we expanded our family by welcoming 53 new MOT Coaches through training sessions held in the Western Cape and Eastern Cape provinces. You can read more about this in the upcoming pages of our annual report.

Furthermore, we take pride in our Corporate Partnerships with Radisson Blu Hotel, Granger Bay, and Meridian Pinehurst, both of which have undergone our MOT Life Skills Leadership Programme for Corporates. Over 300 individuals from these companies have benefitted from our MOT Leadership and Life Skills Programme.

At MOT SA, we place great importance on creating a warm and safe environment where individuals can be themselves. Our commitment to fostering a positive culture is rooted in the idea that for every uncomfortable experience or hardship, there should be six positive experiences. This approach, encapsulated in the MOT manual, guides our MOT Coaches and cultivates safety, energy, and courage within ourselves and others.



COUNTRY DIRECTOR'S REPORT

I want to express my profound pride and gratitude to the MOT SA team—Andiswa Makha, Jacqueline Carolus, Bernelee Luke, Khanya Ngoboza, and Shouneez Dearham—for their unwavering dedication and hard work throughout this challenging yet exciting year. They embody the MOT values and spirit in their every action. Thank you!

We also bid a fond farewell to Yasmin Forbes, who has been with MOT since 2019 and was elected Chairperson of MOT following Prof Eltie Links' retirement. We appreciate Yasmin's invaluable contributions and the legacy she leaves behind. In her place, we warmly welcome Ency Litsoane as MOT SA's new Chairperson and Beryl Kerr Ferguson as the Deputy Chairperson, officially appointed on August 1, 2022. Their leadership and support will undoubtedly contribute to the continued growth and success of our organization in creating resilient youth. We are ecstatic to have them on board!

I extend my heartfelt appreciation to the MOT SA Board of Directors, MOT Foundation, MOT Global, our Implementing Partners, Funders, MOT Coaches, and MOT Youth for your unwavering confidence in our collective work. I am personally committed to this journey, and I am excited about the results we have achieved.

Stay connected with us through our social media platforms, and feel free to reach out to us via Email:











With warm regards,

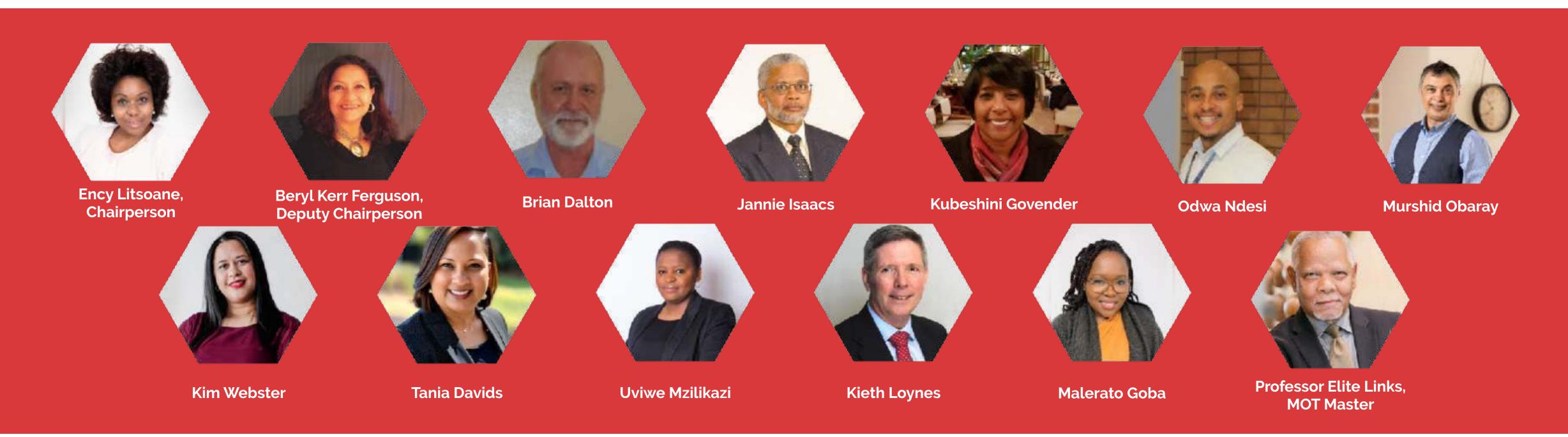


Viola Manuel Country Director, MOT SA



MOT SA BOARD OF DIRECTORS AND MOT MASTERS

Our dedicated MOT SA Board comprises individuals with extensive knowledge, skills, and expertise, who work tirelessly to help MOT expand its reach and impact. We are proud to have such a committed and talented group of individuals on our Board, who share our vision of building a warmer and safer society for all.



Read More About Our Dedicated Board Here

MEET THE MOT SA TEAM



From back:

Programmes and Training Manager: Andiswa Makha; Country Director: Viola Manuel; Chairperson of MOT South Africa: Ency Litsoane, Office and Social Media Administrator: Jacqueline Carolus; Communications and Events Officer: Khanya Ngoboza; Finance Administrator: Shouneez Dearham From Front: Programmes and Training Assistant: Bernelee Luke

Read More About Our Courageous Staff Members



MOT SA BRAND AMBASSADORS

HLONELA MINNIE

Actress, Dancer, Model, Musician and TV Host

"Each of us is special and different hence the different fingerprints. No one has your print therefore no one can print like you. Make sure to colour the universe with your print, the universe awaits."



SIYA KOLISI

Professional Rugby Player and

MOT Ambassador

"Dream it, believe it and you can

make it or achieve it."

SHARIEF HENDRICKS

Rugby Player, Senior Lecturer, Researcher and Editor

"Chop wood, Carry water" What it means is to do the necessary every day, consistently well, and success will come."

ALANA JAMES

CEO, Strategist, and **Business Coach**

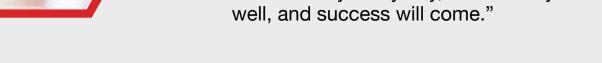
"I want good leadership to be contagious, and I'll do my bit to spread it"

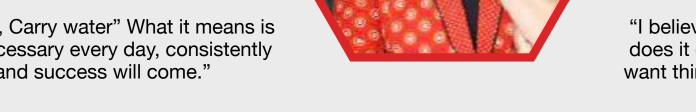


PENNY LEBYANE

Radio Presenter, Media Personality, Speaker

"I believe faith comes by hearing, and so does it come by one telling themselves 'I want things to change', then taking action to affect the change."





Read More About Our Incredible MOT Brand Ambassadors Here





MOT SA BRAND AMBASSADORS

AYANDA DLAMINI

Radio & Television Presenter, MC, Voice over Artist

"Be careful with your words and thoughts as they have power. I will create, as I speak."



CARL WASTIE

Radio Presenter and

Media Personality

"Your vulnerability is your strength...

don't fear it, share it and own it. It's

what makes you, you!"

MJ LI
World Kungfu Champion, TV
and Radio Host

"A true master dwells within, whom only you can choose to liberate"

JANICE

Singer/Songwriter

"I know you might feel lost, but remember that the strong have Battle Scars! You were born to fight and live in the light."



JP DUMINY

Former Professional Cricket Player & Founder of JP21 Foundation

"Never give up! Failure and rejection are only the first steps to succeeding."





"Don't forget to be awesome"

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 MOT Brand Ambassadors for their ongoing support and commitment to ensuring that our youth are equipped, empowered and strengthened with awareness, resilience and courage;





PROGRAMMES, TRAINING AND ACTIVITIES

ACTIVE MOT HIGH SCHOOLS, TVET COLLEGES AND COMMUNITY ORGANISATIONS STATISTICS FOR 2022:

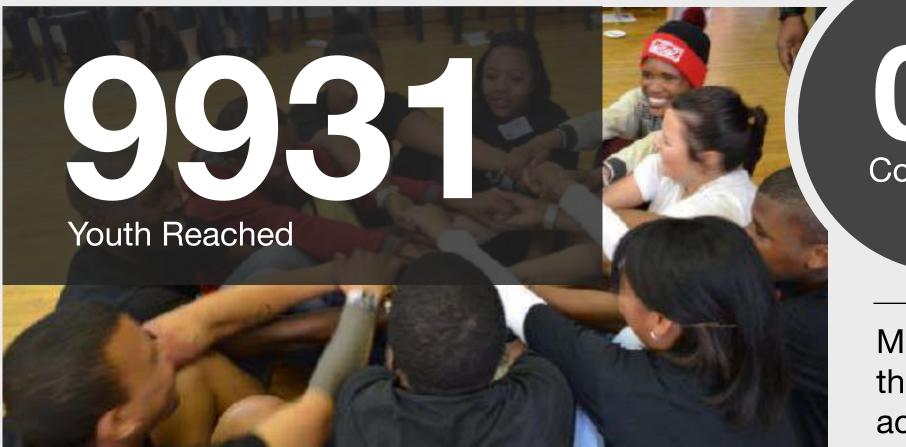
High Schools

06 TVET Colleges

27 Campuses

YOUTH IMPACTED OVER 14 YEARS

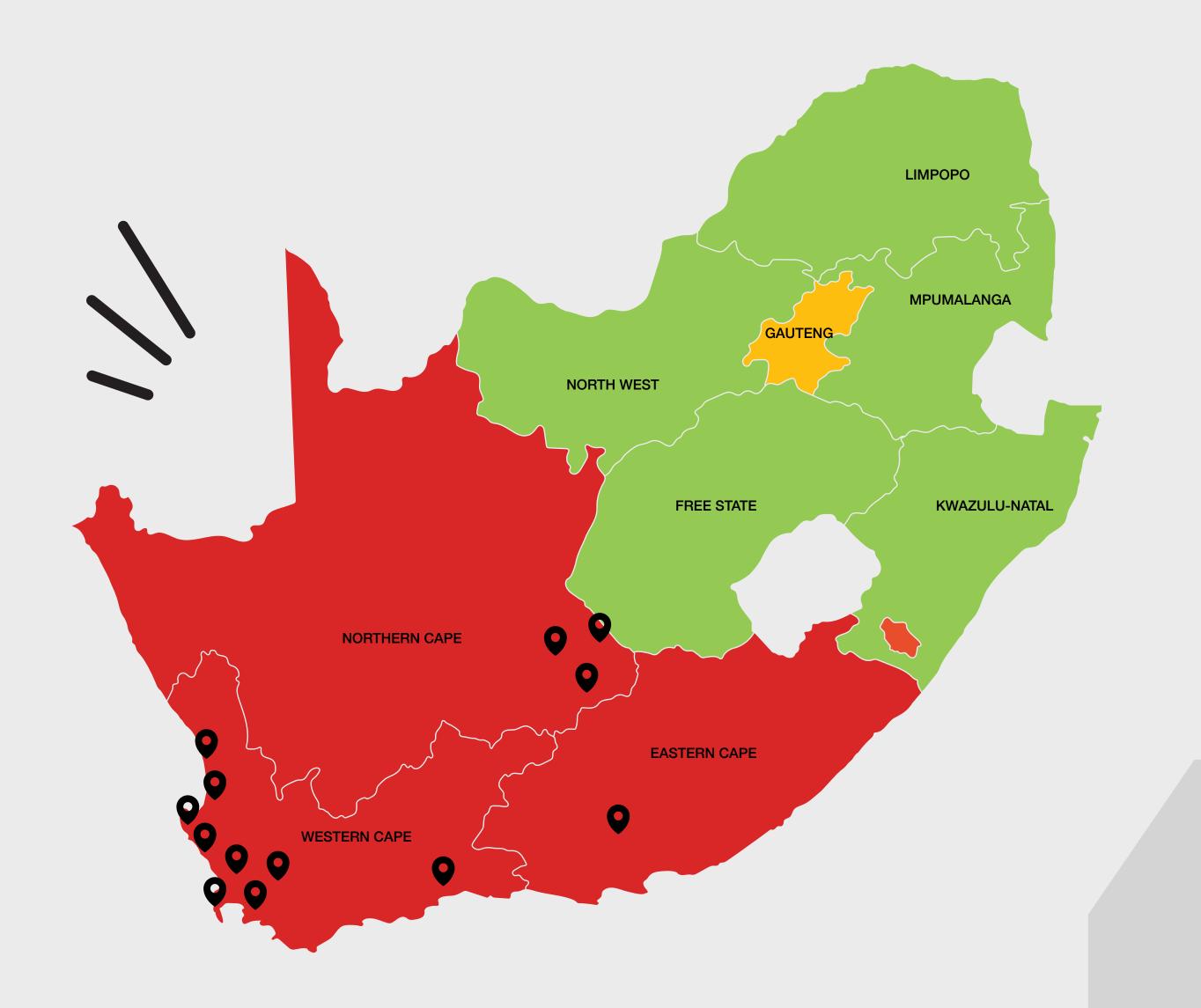
86141



O4 Corporates



MOT SA is already making waves in two provinces, but we're not stopping there! Our goal is to paint the whole country red and inspire young people across South Africa to be the best versions of themselves. Let's spread the MOT movement and make a positive impact together!



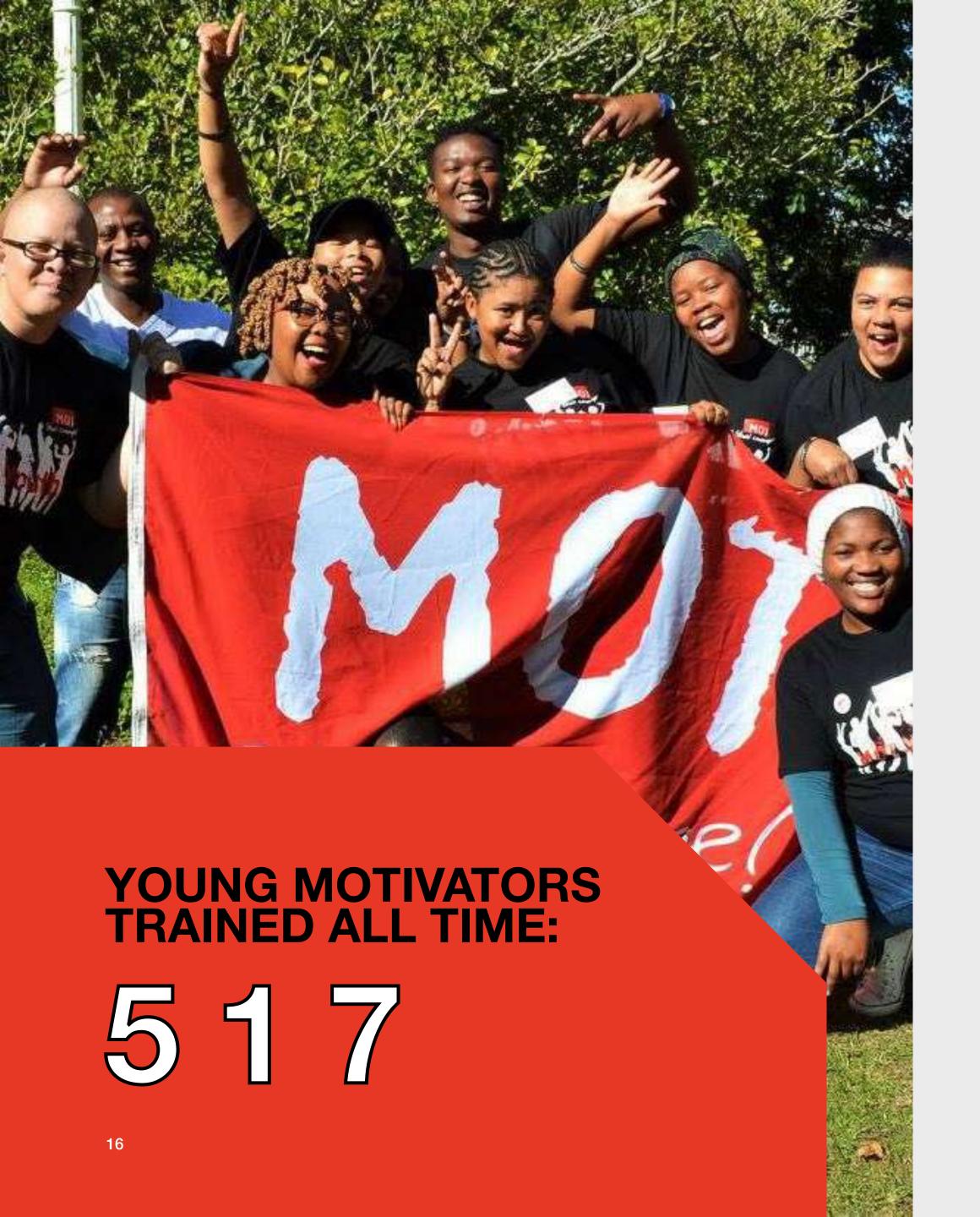
PROGRAMMES, TRAINING AND ACTIVITIES



On the map are the municipalities
MOT is currently engaged with
located in the provinces shown on the
map, as well as in discussions with
additional provinces.







YOUNG MOTIVATORS' EDUCATION (YOUTH LEADERSHIP CAMP)

MOT SA hosted its first Young MOTivators' Education camp for 23 MOT Youth from two different High schools and Community Organisations: Zeekoevlei and Lotus High Schools, and Mbekweni Youth Centre. This was the first such camp in three years since the onset of the COVID-19 pandemic.

The main objective of the camp was to enhance the leadership abilities and personal strengths of the learners while also training them to become MOT Youth Peer Educators, equipped to present the MOT programme to their peers at school. The camp was graced by the presence of MOT Brand Ambassadors Sharief Hendricks and Hlonela Minaye Mrwetyana, who shared their inspiring stories with the attendees.

The camp was packed with fun and exciting team-building activities, thought-provoking group discussions, and much more. This Youth Leadership Camp was part of MOT SA's Courage to Care Global Grant project, which is aimed at investing in future leaders by training educators to empower the youth with leadership and life skills to master their own lives and shape the future they want for themselves.

MOT's vision is to develop strong and resilient youth who can serve as role models in their communities and make better choices to create a warmer and safer place for all.



MOT YOUTH FEEDBACK

Lauren De Villiers from Zeekoevlei High School:

Being a part of the MOT Programme has been nothing short of life-changing for me. Since joining in 2021, I have undergone a complete transformation in terms of confidence and self-belief. The three powerful values of MOT - to have the courage to live, the courage to care, and the courage to say no - have become my guiding principles in life.

Every time I attend a MOT Session, I am filled with excitement and anticipation, knowing that I will walk out with a new perspective and a renewed sense of purpose. The classes are always engaging, and the learnings are practical and applicable to my daily life. What I cherish the most is the deep sense of motivation and inspiration that I feel after every session.

I have learned the importance of respecting myself and others, and how it can make a significant difference in our lives. The impact that MOT has had on me is truly indescribable, and I am immensely grateful for the opportunity to be a part of this incredible programme.

MOT is not just a nice experience - it is a life-changing experience that has the potential to transform the lives of anyone who embraces it. I encourage everyone to give MOT a try and witness the incredible impact it can have on their lives.

"Every time I attend a MOT Session, I am filled with excitement and anticipation, knowing that I will walk out with a new perspective and a renewed sense of purpose."





MOT YOUTH FEEDBACK

Maryam Bassier from Gardens Commercial High School:

The MOT programme has been an absolute game-changer for me. Through its powerful teachings, I have gained a deeper understanding of not only myself but also of those around me. One particular MOT session that left an impact on me was the one about the Invisible Backpack and Jetfuel, which are also MOT Tools.

During this session, we were introduced to the concept of the Invisible Backpack - an invisible bag that holds all our feelings and past traumas. It is a place where we store all the emotions that we don't show to the world. We carry these emotions with us, often without realizing it, and they can weigh us down. But what I found truly profound was the realization that we all carry different invisible backpacks. It made me understand that every person I meet is going through something, and I must approach them with respect, empathy and kindness.

The Jetfuel tool taught me that instead of judging others, I can choose to be their support system, their jet fuel. It's a reminder that we all have the power to uplift others and make their load a little lighter.

I will forever be grateful for the valuable lessons I have learned through MOT.

OUR CORE VALUES

"It made me understand that every person I meet is going through something, and I must approach them with respect, empathy and kindness."



MOT COACHES' BASIC EDUCATION

HOSTED COACHES BASIC EDUCATION TO:

26 | Western Cape MOT Coaches

HOSTED COACHES BASIC EDUCATION TO:

Eastern Cape MOT Coaches

HOSTED REFRESHER TRAINING TO:

Western Cape MOT Coaches

What is a MOT Coach?

A MOT Coach facilitates the life-skills sessions aimed at youth's resilience, awareness courage – Courage to Live, Courage to Care, and Courage to Say No.

MOT COACHES TRAINED ALL TIME: 1015

MOT SA hosted two successful MOT Coaches' Basic Education in 2022, training a total of 53 new MOT Coaches one in the Western Cape and the other in Eastern Cape.

Our trained MOT Coaches possess the qualities of being **Passionate, Youthful, Innovative, and Sincere**. These characteristics enable them to develop resilient and inclusive youth through the implementation of the MOT sessions.

The training retreats were filled with interactive activities, thought-provoking group discussions, and getting to know one another through many bonding experiences.

The MOT Coaches come from diverse backgrounds and hold different titles, including educators, youth and community workers, social workers, and volunteers. They share a common goal of empowering and equipping young people to help them deal with real-life situations. With their training in the MOT philosophy and core values, these MOT Coaches are now equipped with the tools to develop and strengthen the next generation, creating a ripple effect of self-aware, active citizens, role models, and leaders in their communities. We are excited about the positive impact they will make in the lives of our youth, and the community as a whole.



MOT COACHES' BASIC EDUCATION



I just want to say I really really love what MOT is doing, taking care of our well-being, equipping the inner person to be strong and courageous

MOT has taught me a
lot about myself and
about the person next
to me, sharing is
caring and believing in
myself



I'm excited to take on my role as a MOT Coach and the responsibility it brings. will make me to be close and build a child's future. To be the role model to the community





MOT COACHES' FEEDBACK

Sherilee Roelf:

Becoming a MOT Coach was a life-changing experience for me. From the moment I was introduced to the concept, vision, and values of MOT, I knew I had found something truly special. Attending the training only deepened my understanding of the profound impact that MOT can have on young people's lives. I was eager to bring this transformative programme to our school and make a difference in our student's lives.

Leading my first MOT session was nerve-wracking, to say the least. But I was not alone in this endeavour. Together with my fellow MOT Coaches, we planned, strategized, and organized tirelessly to ensure that the MOT session was a success. Watching our Grade 8 learners engage with the programme was a sight to behold. We began with the Wishlist activity, and as the session progressed, their wishes were granted, and they had a blast learning and participating in the session. But what truly touched my heart was hearing our students' reflections after the MOT session. They expressed a newfound sense of confidence in standing up to bullying and peer pressure. Witnessing this transformation first-hand has made me even more certain of the immense impact that MOT will have on our school and community.

I feel honoured to be part of this change and grateful for the opportunity to lead the charge. As a MOT Coach, I am committed to making a positive difference in the lives of our students and creating a better future for our community.



"Becoming a MOT Coach was a life-changing experience for me. From the moment I was introduced to the concept, vision, and values of MOT, I knew I had found something truly special."





MOT EVENTS

COURAGE TO CARE DAY CAMPAIGN

The day served as a strong affirmation of MOT's core value, the Courage to Care, which centres around demonstrating care and respect for oneself and others, and serving as a beacon for those who may feel excluded.

We were fortunate to receive a **generous donation of clothing** for both children and adults, including school uniforms and shoes, as well as groceries. **The school uniforms and shoes have been successfully distributed to 1,500 students in rural schools across the Western Cape. Furthermore, we have delivered clothing and groceries to two shelters: The Saartjie Baartman Centre for Women and Children and the Taleah Mashae Foundation.**

Read More Here

WOMEN'S DAY - #COURAGETOBEAWOMAN

The event was organized to acknowledge and pay tribute to the often-unrecognized heroes, specifically women, who selflessly devote their time to fostering youth development in underprivileged communities. The centrepiece of the event was the panel discussion that explored the remarkable power of Courage in the face of adversity. The Panelists engaged in insightful conversations, emphasizing the importance of resilience and determination in overcoming challenges. Their words resonated deeply with the attendees, leaving them feeling inspired and encouraged to embrace their Courage in difficult times.

Read More Here





MOT EVENTS

MOT ENTHUSIASTS' GATHERING

The event was a momentous celebration of MOT's accomplishments in empowering youth and its continued journey towards positive transformation. With the theme of "Understanding Youth Empowerment in South Africa," the event showcased a distinguished panel of experts who engaged in discussions, shedding light on the vital aspects of youth empowerment, particularly emphasizing the significance of accountability, and acknowledging the immense potential of young individuals as motivators for change. Their insightful conversations left a lasting impression, inspiring attendees to further support and foster youth empowerment initiatives.

Read More Here









MOT WALL OF WINNERS



Additionally, the event featured an Awards Ceremony, honouring our MOT Enthusiasts and MOT Partners for their remarkable contributions.

The prestigious Awards presented were:

ARE HOVSTAD AWARD

This award recognizes an individual who has made outstanding contributions to promoting MOT Values and Principles in their community.

WINNERS

2022: Terence Klassen - MOT Principal and MOT Coach

2021: Darren Maybe - MOT Coach

and Young MOTivator

2019 - 2020: Christine Thomas -

MOT Coach

MOT COURAGE AWARD

This Award honours a MOT High School or TVET College Campus that has effectively implemented the MOT programme and demonstrated exceptional commitment to youth empowerment.

WINNERS

2022: Zeekoevlei High School.

2021: Sakhisizwe Youth Development Programme

2019: Simon's Town High School

and Northlink TVET College,

Goodwood Campus

BRAND AMBASSADOR OF THE YEAR

This award acknowledges an individual who has been instrumental in representing and promoting the MOT brand, spreading awareness about its mission and impact.

WINNERS

2021: Jean Paul Duminy 2020: Ency Litsoane



MOT SA RESEARCH REPORT

Research Report from the University of the Western Cape – Institute for Post School Studies (IPSS) on MOT Student Success







Report prepared by Tim McBride and Joy Papier

Find the full report online

The project sought to evaluate the impact of the MOT programme on TVET College students, particularly with regard to academic performance. This study, therefore, focused on comparing MOT and non-MOT TVET college students' results in an attempt to empirically ascertain the impact of the MOT Programme on academic success.

In total 641 individual students were included, 309 MOT and 336 non-MOT students spread across five TVET college NATED programmes.



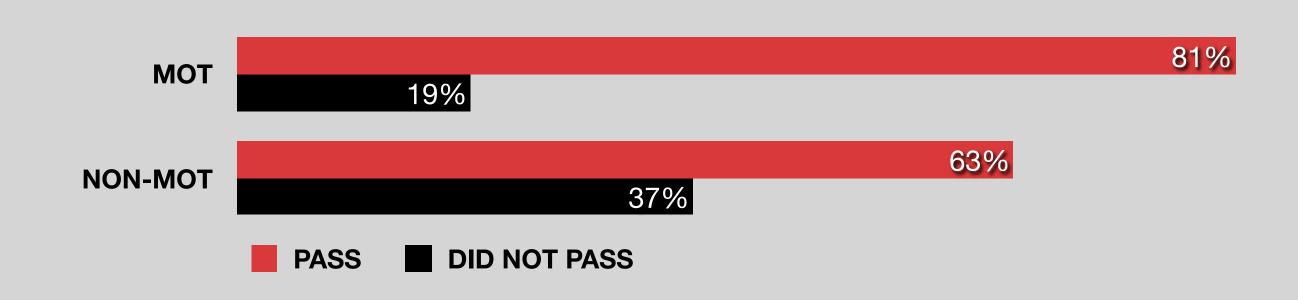
Find our report prepared by the Henley Institute Here

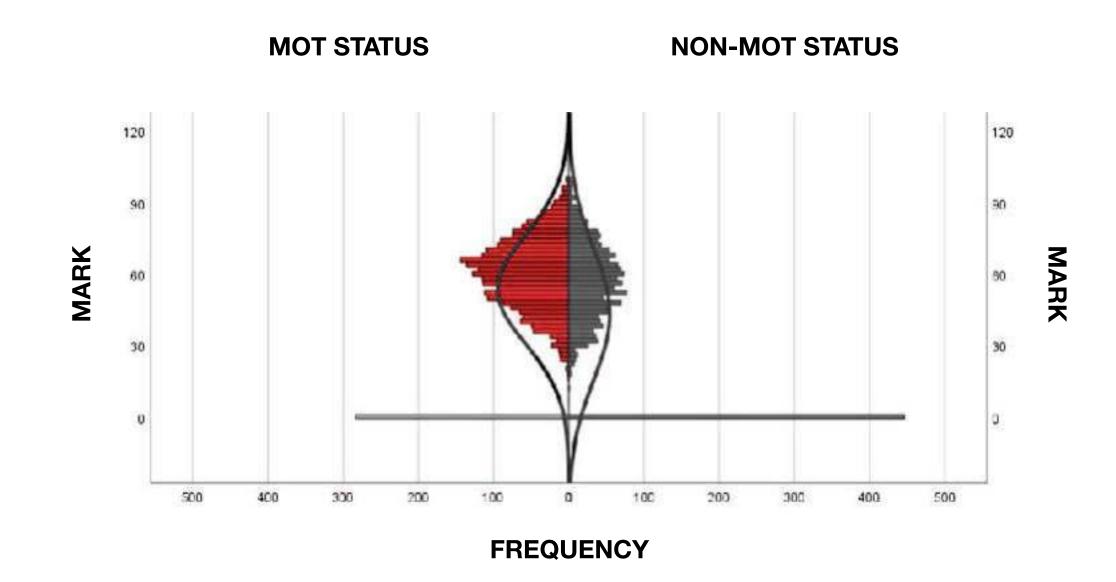


MOT SA RESEARCH REPORT

DIFFERENCES IN PASS RATE

As shown in the Figure, **MOT students passed 81%** of their subject exams, whereas non-MOT students passed 63%, a difference of 18%. From the results, it is apparent that MOT students performed better.



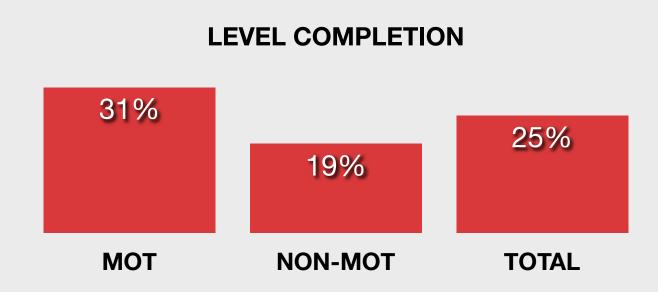


DIFFERENCE IN QUALITY OF PASSES

The figure on the left depicts a histogram of MOT and non-MOT results. **74 out of the 328 N6 students** (distinct count) had one or more **results over 75%.**



MOT SA RESEARCH REPORT



RESEARCH OBJECTIVE 3: DIFFERENCES IN LEVEL COMPLETION

The figure on the left compares the level completion as per the extrapolated calculation given above. MOT students in the sample were found to have a 31% completion rate - that is, 31% of all MOT students who enrolled at any point would have completed their studies in the period under study. By contrast 19% of non-MOT students in the sample completed their - a 12% difference in the number of students completing their qualification.

CONCLUSION

This study set out to evaluate differences in student success between MOT and non-MOT students. This larger task was evaluated in terms of three research objectives: First, whether there was a difference between pass rates of the comparative groups; second, whether there was a difference in terms of marks; and third, if there was a difference in terms of completion rates.

The study found that in terms of all three objectives MOT students performed better and that the results were statistically significant. In the first instance, MOT students had an 81% examination pass rate compared with 63% of non-MOT students in the sample. In the second instance, students performed on average one letter grade better than their non-MOT classmates (though this may be affected by the higher exam absenteeism of non-MOT students). In the third instance, 31% of MOT students completed their programmes, compared with 19% of non-MOT students.

Whilst the MOT programme has not solved the whole of the TVET college sector's student success problem, the evidence garnered for this study suggests that MOT students' indeed performed significantly and substantially better overall than their non-MOT counterparts studying the same TVET programme.



MOT SA ANNUAL FINANCIAL STATEMENT

MOT SA

(Non-Profit Organisation: 078-690)
Financial Statements for the year ended 31 December 2022

STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2022

Figures in Rand	Note(s)	2022	2021 Restated *
Assets			
Non-Current Assets Property, plant and equipment	2	21 956	4 349
Current Assets Trade and other receivables		2 735	4 080
Cash and cash equivalents	3	4 906 7 641	46 728 50 808
Total Assets		29 597	55 157
Funds and Liabilities			
Funds Accumulated funds		(233 214)	(196 344)
Liabilities			
Current Liabilities Trade and other payables Other financial liabilities	4 5	192 811 70 000	1 501 250 000
		262 811	251 501
Total Funds and Liabilities		29 597	55 157



MOT SA ANNUAL FINANCIAL STATEMENT

MOT SA (Non-Profit Organisation: 078-690) Financial Statements for the year ended 31 December 2022

STATEMENT OF COMPREHENSIVE INCOME

Figures in Rand	Note(s)	2022	2021 Restated *
Revenue	6	1 152 246	1 008 626
Other income		317 414	30 435
Operating expenses	7	(1 506 570)	(1 062 350)
Operating deficit		(36 910)	(23 289)
Investment revenue		40	1 704
Deficit for the year		(36 870)	(21 585)

Find the full Financial Statements at: https://mot.org.za/2022/12/mot-sa-annual-financial-statements/



GIVING THANKS AND GRATITUDE TO MOT CORPORATE PARTNERS AND FUNDERS

























MOT PARTNER TVET COLLEGES, HIGH SCHOOLS AND COMMUNITY ORGANISATIONS



























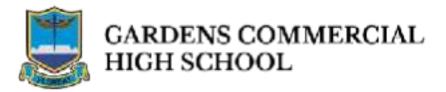






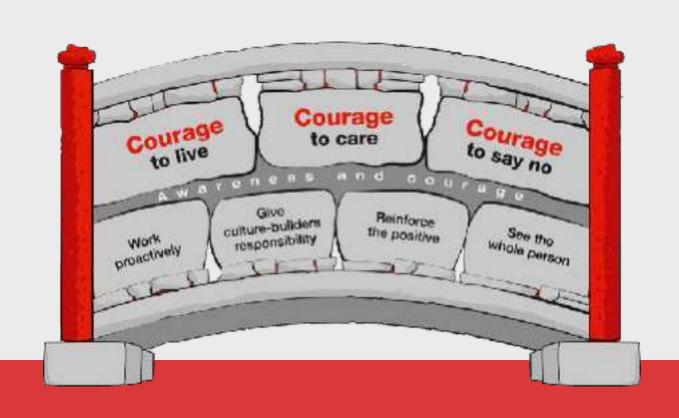








GET IN TOUCH WITH MOT SOUTH AFRICA





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- MOTSouthAfrica
- in MOT South Africa

