

Tristan Lakay

From: Lenting, Jacqueline <Jacqueline.Lenting@falsebay.org.za>
Sent: Wednesday, 27 March 2024 14:42
To: Tristan Lakay
Subject: RE: Request for Testimonial: MOT Programmes Impact

Follow Up Flag: Follow up
Flag Status: Flagged

Dear Tristan

While I have not presented on MOT to student for quite some years,

I recall that the sessions were very relatable and that it 'hit home' for many students. Presenters must be prepared to effectively contain students' emotions as they often come from undesirable circumstances in the home. The sessions were also a welcome change from the usual academic classes where students were able to work together as a group, laugh together and share their own personal stories without any pressure. Reinforcement of how to behave in social settings were also key in the sessions, how to be sensitive to one another and to realise that life challenges and joys are experienced and requires to be overcome by all. The topics covered often go unaddressed in our students' homes and helps them know that taking care of their mental health and well being is as important as taking care of their physical well-being. They are not alone in this journey of life which requires the courage to live, courage to care and courage to say no.

Kind regards

JACQUELINE LENTING

Central Office
131 Main Road, Muizenberg
Private Bag X25,
Tokai, 7966



Acting Assistant Director: Student Support Services

+27 (0) 21 787 0800

Jacqueline.Lenting@falsebay.org.za



False Bay TVET College Supports Inclusive Education

www.falsebaycollege.co.za

VISION

To be the leading Technical Vocational Education and Training College in skills development in South Africa

MISSION

False Bay TVET College is a gateway to Employment, Entrepreneurship and Higher Education through relevant and accessible quality training programmes, as part of lifelong learning

VALUES

- Ethical Conduct
- Customer Focused
- Respect for Diversity
- Inclusion and Participation