

At False Bay TVET College, Mitchell's Plain Campus we do the first three sessions with all of our new N4 students as part of their orientation programme. We complete the sessions regarding Insight, Robustness and Class culture during this period as it focuses on strengthening the individual's self-awareness, robustness and class environments thereby fostering a culture that is inclusive from the onset of their study journey.

As a MOT coach I have witnessed the impact the MOT sessions have on our students, building their self-esteem and helping them to believe in their own abilities. Encouraging them to not give up regardless of the difficulties they may be facing. The program helps students envision their future and set goals for themselves.

Through implementing the sessions in a participatory manner where the students are central, simple yet effective and powerful life values are shared. The MOT sessions are an integral part of our orientation programmes and beyond.

Cheryl Martin  
MOT Coach False Bay College – Mitchells Pain Campus