



# ON LINE YOUTH EMPOWERMENT COURSE “ENABLING TRANSITION”



**YOUTH**



# EXPLAINING THE METHOD AND REASONS BEHIND THE PRESKILLS WORKSHOPS

Knowing yourself  
is the beginning  
of all wisdom.

-Aristotle

*“You cannot teach a man  
anything, you can only help  
him to find it within himself”*

# **Youth empowerment tool box**



# PATHWAY TO HAPPINESS



# Your 3 basic and essential tools

## **Autonomy (self actualisation)**

Own choices,  
Self knowledge ,  
Self acceptance and love  
Goals  
Directions  
Plans

## **Purposefulness (Interpersonal skills)**

Usefulness  
A place in your community

## **Achievement (Study skills)**

Success  
Completion of a task or job  
Doing something **with your all**

# Consistent persistence

Is what life is about.

Life is always ahead of you,

you must **run at it**

because you never know how far or fast you

can go..... unless you **RUN!**”









# WHAT IS A YOUTH

Time of change from the **dependence of childhood** to adulthood's **independence** and **awareness of our interdependence as members of a community.**

- different definitions of youth depending on the context..
- The UN, defines 'youth', as those persons between the ages of 15 and 24 years,
- The African Youth Charter definition :“youth” means “every person between the ages of **15 and 35 years**”.

# YOUTH EMPOWERMENT

How youth, as *agents, of change* gain the skills to make a positive change or difference *in their own lives and in their community*

# YOUTH EMPOWERMENT

Youth workers work along side you as youth to help you.....


1. Achieve good relationships
2. Know and love yourselves
3. Learn to analyse and question, so as to make good decisions about your lives
4. Find your place in the community
5. Be initiators of renewal and change in your community
6. Be ready for the demands of the workplace

# PHILOSOPHY : LOVE OF, OR THE SEARCH FOR, WISDOM OR KNOWLEDGE

"Lets search for the values, ways and methods which guide or tell us how to empower youth."



# LEARNING AND MATURING *THE PHILOSOPHY OF YOUTH EMPOWERMENT*

- To *enable* and *equip* youth to take their place in our *global* community
  - To focus on their *holistic* development
  - Finding the *methods and logic behind* youth and their needs to mature into young adults.
- 

# PURPOSE OF THE ONLINE COURSE



READY TO MAKE A DIFFERENCE IN THE  
WORLD!



# SELF ACTUALISATION

KNOWING MYSELF, MY VALUES, MY GOALS AND DREAMS AND REALISING THEM. DEFINING MY BOUNDARIES, BUILDING SELF ESTEEM.



# SUCCESSFUL PERSONAL BRANDING

*“Potentially me”*



***CALLING ALL YOUTH!***



Without Goals !!! *Where to now?*

# INTERPERSONAL RELATIONSHIPS

*Learning how to communicate, negotiate  
and understand and manage anger .*

*Finding and being a mentor /Leader*

**UBUNTU**



# ***UBUNTU AND THE YOUNG SA***



# STUDY SKILLS



**“Making meaning Uniquely; Help with learning  
Basic personal computer skills”**



**WRITING YOUR MISSION AND  
VISION STATEMENT**





# BASIC PERSONAL COMPUTER SKILLS



# **PERSONAL SKILLS (AUTONOMY)**

## **WEEK I DAY 1**

**Knowing your inner self**

### **DAY 2**

**Creating a personal boundary using  
Goals and Values**

### **DAY 3**

**Personal Branding and  
self-presentation**



# **SOCIAL SKILLS (PURPOSEFULNESS)**

## **DAY 4**

**Anger management, Conflict resolution  
and communication**

## **DAY 5**

**Leadership, mentoring and being  
mentored**

## **WEEK 2 :DAY 6**

**Ubuntu: Human-ness towards others**

**“I Am because We Are”**



# SUCCESSFUL ACHIEVEMENT



**DAY 7**

Learning and learning styles

**DAY 8**

Vision and mission: CV And Interview  
Preparation

Entrepreneurship

**DAY 9**

Personal computer skills

**Day 10**

Conclusion: Life enrichment through change

# CHANGE

IF THE FEAR OF STAYING

THE SAME IS

BIGGER

THAN THE FEAR OF

CHANGE YOU ARE

READY!



*"Let's join hands and take the journey through the door of change, into a world of opportunity!"*