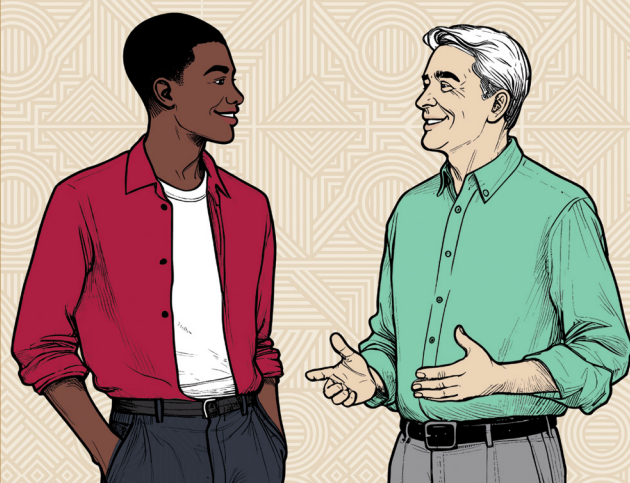


# Siyakhula workshop programme

*Brought to you by*  
**the Human Resources Division and the Centre for the Advancement of Social Impact and Transformation**

**To RSVP and book your place** simply email Grizelda Adams: [grizelda@sun.ac.za](mailto:grizelda@sun.ac.za)  
Please also advise of any accessibility needs you require

## Strengthening relational capacity



Participants are invited into a reflective space, interwoven with embodied practices of self-awareness, care, and compassion, to explore how relational capacities – such as historical (positional) awareness, compassion, and curiosity – can strengthen our ability to relate across difference and build meaningful connections.

**Date:** Thursday 22 May  
**Time:** 10h00-12h00  
**Venue:** Harmonie Ladies Res (38 Neethling Street)  
**Facilitator(s):** Ayanda Nyoka and Dr Wilhelm Verwoerd

## Harnessing Ubuntu at work



In this workshop, participants will explore the concept of Ubuntu and its meaning and application through their own lived experience, and collectively imagine its application in their day-to-day work environments. The workshop will include sonic prompts, movement exercises, art crafts and discussion.

**Date:** Thursday 19 June  
**Time:** 10h00-12h00  
**Venue:** Harmonie Ladies Res (38 Neethling Street)  
**Facilitator:** Gratia Aimee Ilibagiza Mutabazi

## Embracing neurodiversity



Neurodiversity encompasses conditions such as Autism, ADHD, and Dyslexia, with global research indicating that approximately 10% of employees are neurodiverse. This workshop empowers participants with understanding and tools for working with neurodivergent colleagues.

**Date:** Thursday 24 July  
**Time:** 10h00-12h00  
**Venue:** MSTeams.  
**Facilitator:** Anika Adams

## Reclaiming the 'personal' in interpersonal violence



In this workshop, participants take an introspective journey into exploring violence - unpacking barriers we encounter which hinder us in our quest for change, but also reclaim parts of us which embody radical resolve and unwavering resilience in our pursuit to live fully and freely.

**Date:** Thursday 21 August  
**Time:** 10h00-12h00  
**Venue:** Equality Unit: Simon Nkoli House, 39 Victoria Street  
**Facilitators:** Dr Jill Ryan

## Nurturing inclusivity: medical conditions at work



In the spirit of fostering greater inclusivity in respect of students and staff with a range of medical conditions, this session will empower participants with techniques to respond compassionately. We'll also receive specialist advice from EpilepsySA on appropriate responses to colleagues and students experiencing seizures at work or in class.

**Date:** Thursday 25 September 2024  
**Time:** 10h00-12h00  
**Venue:** Disability Unit: Simon Nkoli House, 39 Victoria Street  
**Facilitator:** Faith Xintolo