



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:
grizeldaa@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