



COURSE LIST

Employee Wellness Programmes

Empowering Employees in the workplace

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Training courses at CGC

Capacity Growth Consult (CGC) provides a wide range of training courses that will help you improve employee well-being in the workplace. Our delivery is fun, quick-paced and highly engaging and parents can apply what is learnt immediately in their family life.

Our courses are exciting and delivered in the following formats:

Byte-sized seminars

One-hour seminars and workshops that are byte-sized and information-packed. Suitable for busy employees who are unable to devote time to a full training day. These workshops are audio-visual based and can be delivered physically or via video.

Full/Half-day workshops

Face-to-face facilitated workshops delivered in an engaging workshop format either in a half-day or a full-day session for a maximum of 20 attendees. Each delegate is presented with a certificate of attendance and we collect detailed feedback from attendees on each course in order to evidence success.

Bespoke course development

We will work closely with our clients to develop training courses that are tailored to suit your organisation's specific requirements and we are able to deliver the material in different formats. Just tell us what you want and we will make it happen. Besides parenting and family life courses, we are able to deliver other employee wellness courses and gender diversity issues in the workplace.

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Course 01A

The power of 'The Table'

Byte-sized seminar 

Attendance
Up to 20 delegates
Duration
1 hour

Course Description

The table is not an ordinary piece of furniture in the home. It has the power to galvanise all members of the family into one integral unit. We focus on the power of the table which can be harnessed by visiting/absent (though physically present) working parents who need to maximise every moment with the children.

This workshop examines the origin of eating at a table; the advantages of using the table for meal times; a great place for decision making and having conversations about academics, mental and emotional developments of children and teenagers.

Who should attend

Working mothers, fathers and grandparents.

Parents of teenagers and children from highly *connected* families to disintegrated families.

What you will learn on completion

- The different ways to harness the power of the table for family building.
- Practical tools on how to engage “closed” teenagers.
- How to impact the family’s value and visions using the table.
- Practical conversation starters to allow children and teenagers have free flowing conversations.

Method of Delivery

This workshop is delivered as one hour workshop through on-site facilitator-led workshop with delegates using resource materials and workbooks.

We are able to provide online-learning in the form of webinars, video conferencing and e-learning which will involve active online interaction between the facilitator and participant.

Course 02A

Family rhythm and rules

Byte-sized seminar 

Attendance
Up to 20 delegates
Duration
1 hour

Course Description

The rhythm of your home is a pre cursor to what shapes your family values. The rules and routines in your home create the rhythm of your family. Where there are no known rules, misbehaviours and inappropriate behavioural patterns are inevitable.

This course equips the parent with tips and tools to creating enabling rhythms and engages parents who value setting systems to enable a healthy *normal*.

Who should attend

Working parents, travelling parents and parents with high performance roles.

What you will learn on completion

- How to create your family rhythm and determine ‘your normal’.
- How to discuss and enforce family rules.
- How to harness and use power and benefits of ‘the boardroom’.
- How to sift and determine the level of your child’s stimulation.
- What to think of before adding another ‘extra – mural’.

Method of Delivery

This workshop is delivered as one hour workshop through on-site facilitator–led workshop with delegates using resource materials and workbooks.

We are able to provide online-learning in the form of webinars, video conferencing and e-learning which will involve active online interaction between the facilitator and participant.

Course 03A

Building a more connected family

Byte-sized seminar 

Attendance
Up to 20 delegates
Duration
1 hour

Course Description

Play is the language of children. A lot can be achieved when parenting or building relationship using this language. There is generally less need for correction to occur in families when parental efforts are poured into connection. This course aims at helping working parents create powerful connection points which could drastically reduce the need for correction.

Who should attend

Mothers, fathers and primary care givers of children. It is especially highly beneficial for non - parents as well.

What you will learn on completion

- How to connect with your children
- How to have deepen meaningful relationships with your teenagers.
- The benefits of connecting with the family.

Method of Delivery

This workshop is delivered as one hour workshop through on-site facilitator–led workshop with delegates using resource materials and workbooks.

We are able to provide online-learning in the form of webinars, video conferencing and e-learning which will involve active online interaction between the facilitator and participant.

Course 04A

Making memories

Byte-sized seminar 

Attendance
Up to 20 delegates
Duration
1 hour

Course Description

Families are to be enjoyed and not endured. Children may not recall a moment clearly but they remember the feeling and the experience of special memorable times. The “Making Memories” course takes into account the fast - paced and busy life of today’s working parents and shines a light on how working parents can make great impacts using the daily or regular routine of their family to build stronger connections within the family.

The focus is on using the regular family times such as meal times, bath times, bed-times, family vacations, school holidays and chill times to create special memories in the hearts of your child. Very busy parents can use this simple times to form lifetime bonds with their children especially in the early years. The use of games, storytelling and learning your children’s preferences are embedded in this course.

Who should attend

Working parents, parents of infants, toddlers, young children and teenagers; serious – natured parents; single and travelling parents will find this useful.

What you will learn on completion

- How to be fully present and maximise family time - Meal time, bedtime and bath time”
- How to recognise and use subtle teaching moments: Drive Time to reinforce family values.
- Practical tools on how to plan and enjoy holiday time: Game time”.
- Interesting tips on maximising the day with their children.
- They will learn games and how to create fun out of the mundane.

Method of Delivery

This workshop is delivered as one hour workshop through on-site facilitator–led workshop with delegates using resource materials and workbooks.

We are able to provide online-learning in the form of webinars, video conferencing and e-learning which will involve active online interaction between the facilitator and participant.

For further details on any of our courses please contact bolanle.enang@capacitygrowth.com

Course 05A

Parenting styles and discipline

Byte-sized seminar 

Attendance
Up to 20 delegates
Duration
1 hour

Course Description

You are the best parent for your child however, there are myriad methods of performing our parenting responsibilities. Society has its own ideas about discipline, love and nurture and we have to work out what works best for us.

This course is designed to help working parents determine their parenting styles and its relationship to discipline. It helps the parent see the inherent basis for your reactions, biases and relating style you have or may have with your child.

This course helps with setting boundaries for your child and having courageous conversations with yourself and your child on what effective discipline looks like for your family with the end goal of improved behaviour.

Who should attend

Every working parent.

What you will learn on completion

- Knowing your parenting style and your partner's style.
- How to complement each other in parenting your child.
- How to have courageous conversations with your child
- The difference between discipline and punishment.
- Alternate forms of discipline.

Method of Delivery

This workshop is delivered as one hour workshop through on-site facilitator-led workshop with delegates using resource materials and workbooks.

We are able to provide online-learning in the form of webinars, video conferencing and e-learning which will involve active online interaction between the facilitator and participant.

Course 06A

Let's talk about sex baby

Byte-sized seminar 

Attendance
Up to 20 delegates
Duration
1 hour

Course Description

It is increasingly important to keep our children safe in our over-sexualised society. Raising healthy and safe children is alarmingly necessary.

Here will help teach parents how to have the ‘big conversations’ with their children and teens. It is an easy and relatable approach to this erstwhile uncomfortable topic. This course is designed to help the working parent teach your child how to protect his or herself from sexual harm.

Who should attend

Single parents, working parents, primary care givers and adults interested in keeping children safe.

What you will learn on completion

- How to be the safe place for your child in an over- sexualised culture.
- How to ensure safety for your child.
- How to hear what your child is not asking about sex.
- How to appropriately have the sex-talk with your child.

Method of Delivery

This workshop is delivered as one hour workshop through on-site facilitator–led workshop with delegates using resource materials and workbooks.

We are able to provide online-learning in the form of webinars, video conferencing and e-learning which will involve active online interaction between the facilitator and participant.

Course 01B

The Table

Full day seminar

Attendance
Up to 20 delegates
Duration
1 day

Course Description

Parents are the most influential people in the lives of their children and statistics over the years prove this fact. This workshop will help working parents understand the ability of “the table” and connection tool to bolster this influence and deepen family bonding on a daily basis.

This workshop is designed to help working parents gain a wide range of practical experience and robust conversations to equip them with tools to form deep connections around the table.

The workshop themes are:

- The Power of The Table
- Preparing for the Table
- Planning and Plating at The Table.

Who should attend

Working parents of toddlers to young adults will benefit from this workshop. It well suited for staff members who are parent of any family structure. It will benefit persons from highly connected families to disintegrated families.

What you will learn on completion

- The rudiments of the various uses of the table for decision making, meal times, correction and discipline are taught extensively in this session.
- Practical conversation starters to allow children and teenagers have free flowing conversations.
- Tools for working parents to enhance deep bonds and atmosphere for passing on family values, correction and connection.
- Equips the working parent with platforms to cut across transgenerational dynamics within families.
- Tools to create intentional and deliberate actions around the preparation for the table
- Practical tools and action plans for preparing the atmosphere in the home for meaningful family connection.
- Teaches ways to celebrate family members to build confidence and foster connection.

Method of Delivery

This workshop is delivered as full day workshop facilitator–led workshop with delegates using resource materials and workbooks.

For further details on any of our courses please contact bolanle.enang@capacitygrowth.com

Course 03b

Knowing your child

Half day seminar

Attendance
Up to 20 delegates
Duration
1/2 day

Course Description

Parenting is not a set of techniques but rather it's about relationships. This course is fundamental for any parent today. We may think we know our children but miss the mark because we have a one sided view of our child's realities. Children and teenagers are constantly asking if they are loved. Their actions positive or negative behaviours have this underlying tone. A lot of activities may be happening within the family context which stems out of duty and responsibility. Teenagers do not care what you know until they know you care or love them.

This full day workshop is divided into four parts which covers these critical questions:

Are you a 'pay rent' or a parent?

Is your child really feeling loved?

Is your child's emotional tank filling or full?

What does your child really need from you?

Who should attend

Working parents and primary care givers of toddlers to teenagers will benefit from this workshop. New parents are at a great advantage and will benefit greatly from the course. Every parent will want to know and learn their child and meet their apparent and "hidden" needs.

What you will learn on completion

- Practical and useful insights and tools on how to truly love your child.
- How to gauge your child's 'tank level' and how to fill your child's emotional tank.
- Equipped with tools to love each child as he/she needs to be loved.
- The tools and insights into what the real needs of your child at their different phases of life.
- Identify the root cause of your child's behaviour different ways.
- Identify your child's love language and love him/her accordingly.
- To relate and effect corrective measures and discipline per child's wiring.

Method of Delivery

This workshop is delivered as half day workshop through on-site facilitator-led workshop with delegates using resource materials and workbooks.

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Course 07B

Re-integration into the workplace

Half day seminar

Attendance
Up to 20 delegates
Duration
1/2 day

Course Description

Change is a constant phenomenon in life but the aftermath of change on a working parent can be daunting and critical to the mental and emotional wellness of a professional.

This workshop is designed to help the professional and working parent achieve a sense of work–life integration after the occurrence of a major life shift. For example after a bereavement, child birth, injury in the work place or mental illness. It helps the working parent determine their value system and readjust with the aim of achieving a blend of the home and work space. It deals with the attached emotions of guilt and acts of over–compensating and parental outsourcing.

Who should attend

First time parents; working mothers returning from maternity leave and foreign or expatriate workers; recently re-located staff members; long term sick returnees

What you will learn on completion

- Re-prioritising their energy to reach achievable blend in their work and family life.
- Practical tools for maximising relationships in the new phase of life.
- How to lose the “guilt and pressure”.
- Understanding how to leverage support structures within the system.

Method of Delivery

This workshop is delivered as half day workshop facilitator–led workshop with delegates using resource materials and workbooks.

Course 08B

Study skills and techniques for teens

Full day seminar

Attendance
Up to 20 delegates
Duration
1 day

Course Description

Education is the training of the mind to think critically and constructively. This course is designed for children of working parents with organisations to equip them with skills and techniques that will enhance their studying, thinking and memory retention abilities. It also teaches various methods of studying using the natural abilities and learning styles of the learner. This practical workshop creates the right atmosphere for true learning and preparing for examinations. Profiling of learners to determine personality and learning styles are embedded within the course work.

Who should attend

Grade 7 to high school learners.

What you will learn on completion

- Tools for preparing for examinations
- Best learning style and study environment for learners
- Time and space management for optimal study
- Personal profiling of the learners.
- Critical thinking and memory recall techniques.
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Method of Delivery

This workshop is delivered as full day workshop through on-site facilitator-led workshop with delegates using resource materials and workbooks.

Course 09B

Leadership skills for teens

Full day seminar

Attendance
Up to 20 delegates
Duration
1 day

Course Description

Leadership can be taught and caught. Influence is a critical aspect of leadership. It is said that to lead requires that there are followers. In the wake of the powerful influence of social media and other pulls, young people need to be equipped early with leadership skills irrespective of whether or not they fill such roles at their schools or homes. Everyone is a leader and these skills can be taught and enhanced.

This workshop is designed to teach young people to lead themselves and peers by virtue of an office or role or relationship. It aims to catch young people early to teach the power and skills of leading self and others.

Who should attend

Grade 6 to High school learners.

What you will learn on completion

- Concepts of leadership for young people.
- Power of self- leadership
- The influence of leadership on academics and school life
- The effect of leadership on social media and relationships.
- The ability to build confidence and resilience in today's world.

Method of Delivery

This workshop is delivered as full day workshop facilitator-led workshop with delegates using resource materials and workbooks.

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