EMPLOYEE WELLNESS PROGRAM

we invest in our people

LUTZVILLE INITIATIVE FOR TRANSFORMATION

FairRoots

PROCARE facilitated a series of **Responsible Choices** training sessions over several days, aimed at supporting employees' well-being and personal growth. The sessions provided opportunities for learning, open discussion, and practical reflection relevant to both personal and work contexts.

A brief group-based needs assessment was also conducted during the process. This report outlines the main themes, observations, and participant feedback, offering insight into the overall experience and its outcomes.



113 WORKERS ATTENDED THE WORKSHOPS!

TRAINING CONTENTS

The Responsible Choices training focused on:

- Responsible life choices
- Relationships & health
- Substance use & decision-making
- Goal setting, self-esteem & personal responsibility

FEEDBACK

★★★★★

Ons het geleer dat elke keuse wat ons daagliks maak, bepaal ons toekoms. Om jouself te ondersoek met die 3 vrae: "Waar was ek in my lewe", "Waar is ek", en "Waarnatoe is ek op pad", was baie belangrik en goeie padkos.



THE BENEFITS

- Better well-being
- Stronger mindset
- Positive relationships
- Informed decisions
- Personal growth