

Katlegong Group (PTY) Ltd.

Limpopo
and
Mpumalanga,
South Africa

www.katlegonggroup.co.za

ADD TO #CareerConnect #PhodišoProject

We would like to extend an invitation for affiliations with any ethical training providers or support services.

Let's collaborate

Website: 'Collaboration' tab

Email: hr@katlegonggroup.co.za

More ways to interact:



KATLEGONG
GROUP

COMING BACK TO YOURSELF

CAREER CONNECT



SOME PREPARATION & SUSTAINABILITY TIPS:

- Try to find access to internet connection, a communication device, and ways to improve technological skills.
- Make sure your documents are relevant and up to date (CV, Cover letter, Reference list, Certifications, etc.).
Reminder - Any SAPS/Post office/officially certified documents 'expire' after three months.
- Think about the efficiency of your mode of transportation from where you live.
- Consider funding options and try to have an idea ahead.
- Read through any application procedures and contract (verify a career opportunity to try to avoid discreditation or scams), and confirm that you understand enough and have covered each step - ask questions if necessary.
- Know your worth: Confirm your leave/break arrangements. Research on the relevant salary bracket (to withstand negotiations or track progress according to your expertise).
- Keep working on professional etiquette: A flexible routine, time management, formal writing, communication skills, politeness, unique attire, social media presence, separating your professional and personal lives (conscious intimacy and boundaries), etc.
- Self-care is key! Maintain general hygiene and environmental tidiness, move with integrity, and engage in a nurturing support system. Make some time for reflection, rest, and relaxation; and consult a professional if needed.
- Practice discipline: Maintain motivation and manage your resources to sustain yourself. Sometimes, you'll have to turn down temporary gratification to work on your wellbeing and building your future. JOMO - Joy Of Missing Out!
- Rejection is a part of life – A dream deferred is a dream refined.
- Be patient with progress. Try not to compare, because you are human and are right on track. Move at your pace when you can – it is a marathon not a race! Live in the present and embrace existence.

Path cultivation and refinery

Wishing you all the courage and willpower to rise beyond any circumstance.

CAREER CONNECT?

- **#CareerConnect** is one of two projects under Katlegong Group's Community division – 'Lefa'.
- Exploring influence and joining the collective concern of mental health and wellbeing challenges through a refined BioPsychoSocial approach.
- Promoting Lifelong learning and Skills development, alongside advocating for inclusivity in professionalism and humanization in productivity.
- Empowering a nation's most powerful resource— its people.
- Believing that, through reaching a stable-yet-evolving sense of personal contentment and an abundance mindset, we each can gain capacity to additionally contribute to bettering home for all other beings that we co-exist with (mindfully — as each being is an expert in their own experience).

STEP 1: GET TO KNOW YOURSELF MORE

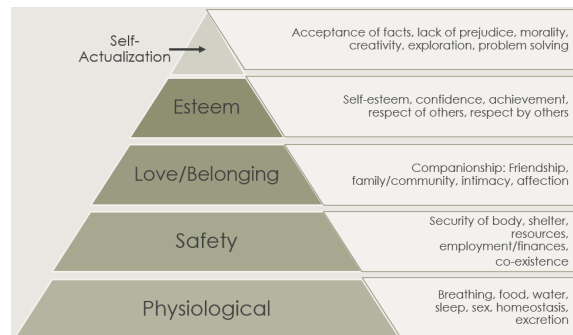
Evaluating identity and self-acceptance.

RELEVANCE OF PERSONALITY:

What makes you **you**? How do you feel about how you think or do things? What do and don't you like? When do you feel the most yourself?

Gaining a thorough sense of your personality often leads to a collaborative relationship with your qualities and shortcomings in terms of how to approach tasks, social situations, and growth opportunities.

IN THE COLLECTIVE:



The BioPsychoSocial approach speaks to the relationship between biological, psychological, and social factors.

Along with the BioPsychoSocial Model, Abraham Maslow's theory on *Hierarchy of Needs* (displayed above) is one of many tools that invites an individual to reflect on the state of their wellbeing. Another notable one is Manfred Max-Neef's *Fundamental Human Needs*. They also raise the sensitive relevance of support systems and shed light on any dispositions and influences in relation to one's development and sustainable fulfilment.

Reviewing needs may refine your values and spark passion to pursue a certain area of focus.

STEP 2: RESEARCH WHAT'S OUT THERE

Exploring options and suitability.

FORMALITIES:

It's good to learn more about the national structures and system regarding learning and employment when making career choices.

There may also be benefits in getting to know your basic human rights, career-related laws, and ethical guidelines and code of conducts within potential organizations you'd be working with. Try to make use of any citizen support you are able to gain access of.

CAREER FIELDS AND CLUSTERS:

Career Connect currently identifies **six** career fields and **sixteen** clusters within those fields.

Reminder - that each cluster has many more specific career pathways to explore.

SOME ALTERNATIVES:

There are various skills development and implementation options, regardless of your current qualification level. Do have a look at:

- Recognition for Prior Learning (RPL)
- Adult based Education and Training (ABET)
- QCTO qualifications
- Short courses or Short Learning Programmes
- Apprenticeships and Internships
- Learnerships and Skills programmes
- Workshops or informative events
- Online learning platforms
- Volunteering
- Entrepreneurship

STEP 3: COHESION IN YOUR CAREER

Fuller implementation and integration.

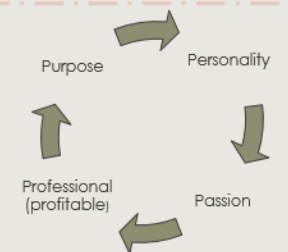
A PATH CAN BE UNIQUELY APPROACHED:

- Different jobs transitioning through whichever fields
- Choosing one career pathway and advancing in it
- Being in the same field or cluster and advancing across different pathways
- Meshing things up or forming something new and unique for yourself

Ikigai - a Japanese concept meaning "a reason for being"



A simpler alternative could be:



If possible, check out our *Career Connect* YouTube video found through the website elaborating on this chat.

