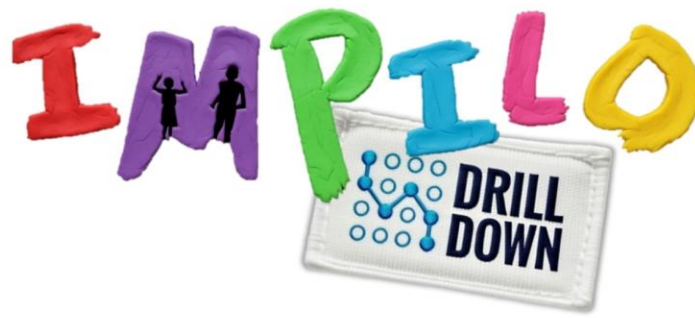




RESILIENT FAMILIES, SAFER WORKPLACES & COMMUNITIES

One-Day Practical Skills Workshop

Together, we always find a way.



STANDING STRONG TOGETHER

Practical Resilience Tools for Self, Families
& Teams



Session 4



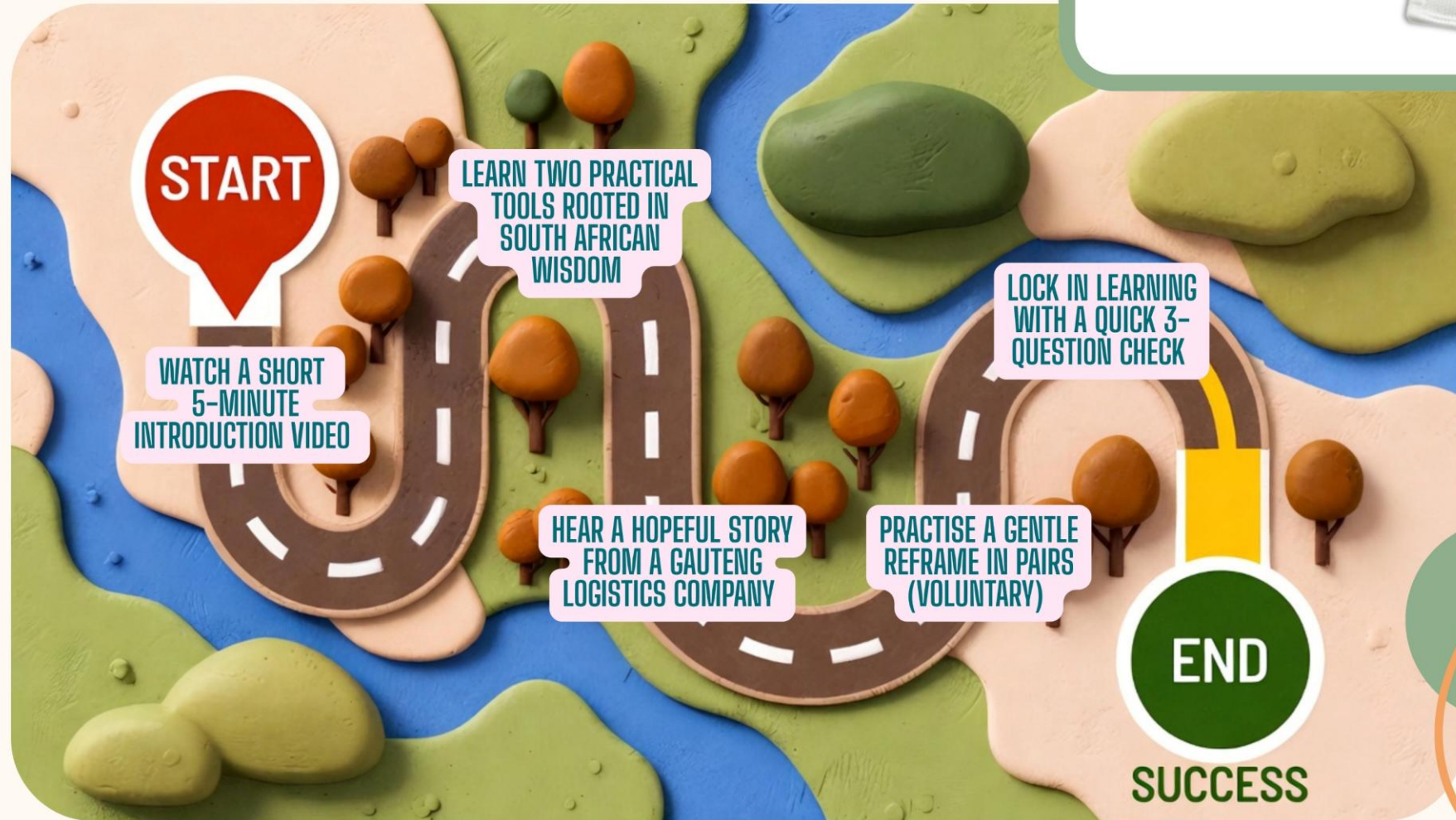
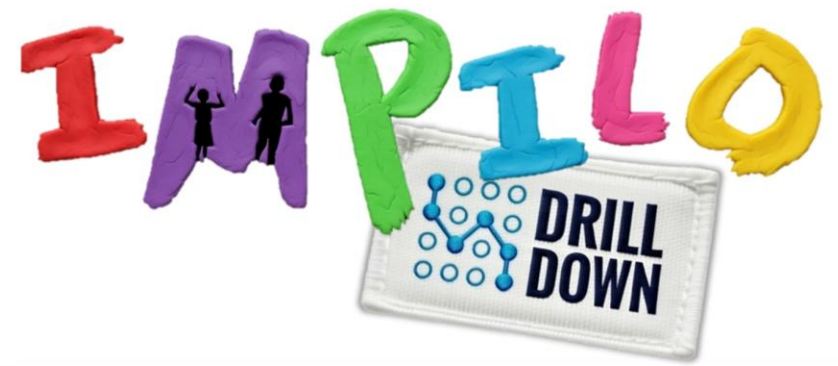
RESILIENT FAMILIES, SAFER WORKPLACES & COMMUNITIES

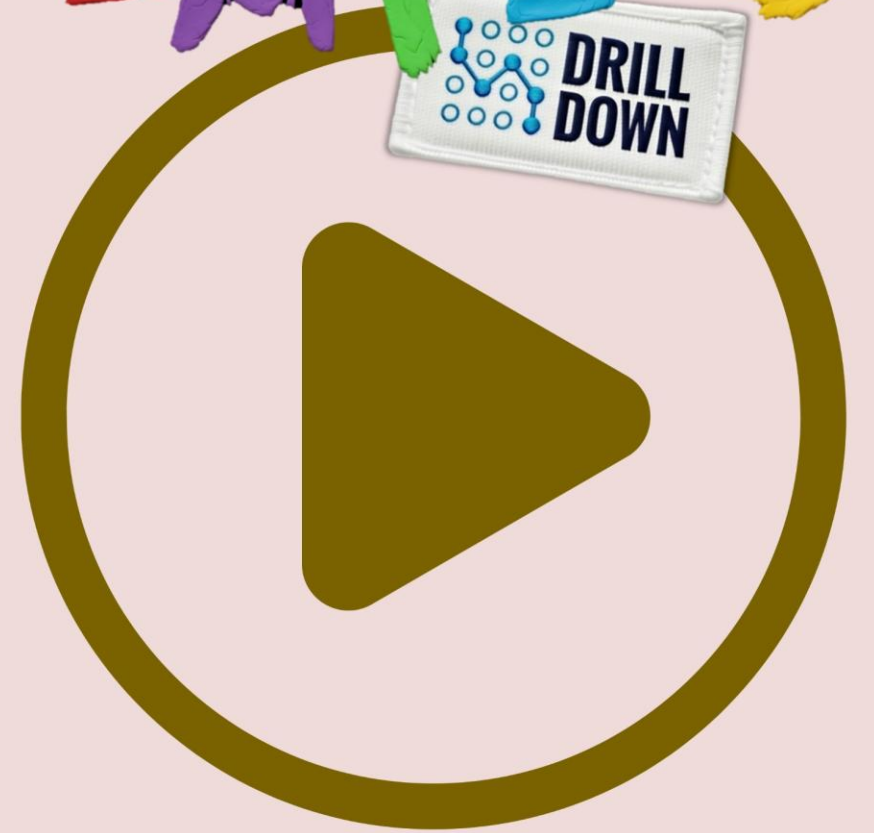


BY THE END OF THIS SESSION YOU WILL BE ABLE TO:

-  • Use simple reframing and grounding techniques under pressure.
 -  • Apply empowering language in difficult conversations.
 -  • Identify one personal or team resilience practice they will try.
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SESSION ROADMAP

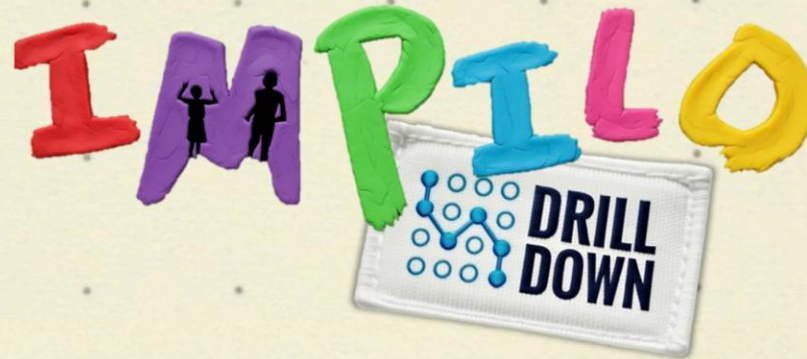


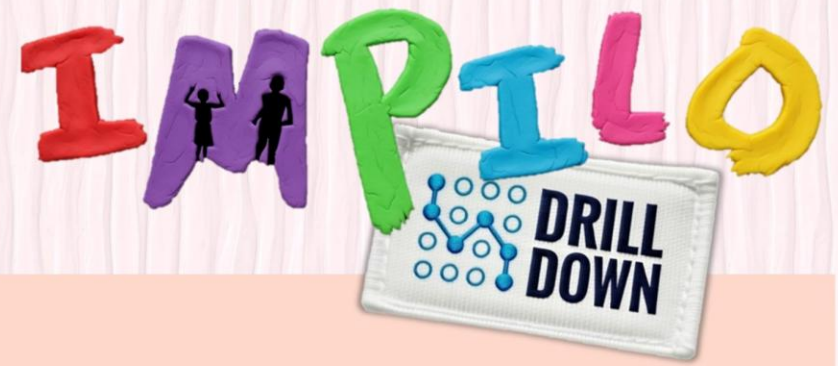


PLAY VIDEO

WHAT STOOD OUT TO YOU?

Turn to the person next to you for just 30 seconds and share one thing that stood out in the video.





MANY OF US IN SOUTH AFRICA CARRY HEAVY LOADS

At work in factories, offices, schools, clinics or shops, and at home with family responsibilities.

Economic pressures, long hours and daily stresses are real.

These pressures can make us short-tempered, exhausted or quick to feel overwhelmed and it often spills over to the people we care about most, including children.

The good news is that we already carry wisdom from our elders and communities. Today we name and practise two simple, practical tools.

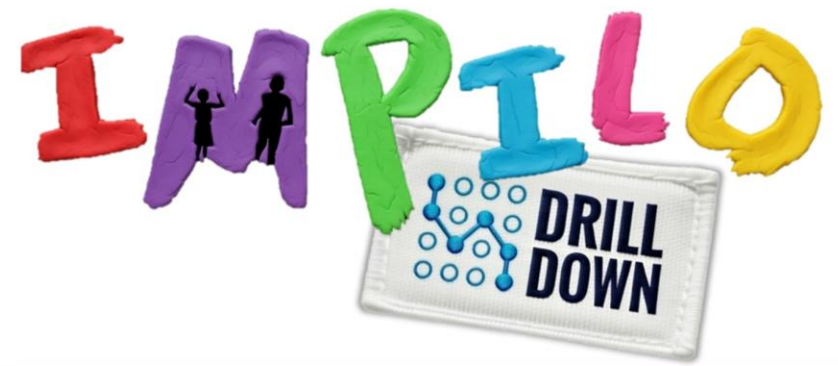


WE ALREADY CARRY WISDOM

CENTRING / GROUNDING – A STEADYING PAUSE

Before a difficult conversation, when you feel your chest tightening, or when you notice you are about to react sharply, pause for a moment.

- Feel your feet on the ground.
- Take three steady breaths - in through the nose, out through the mouth.

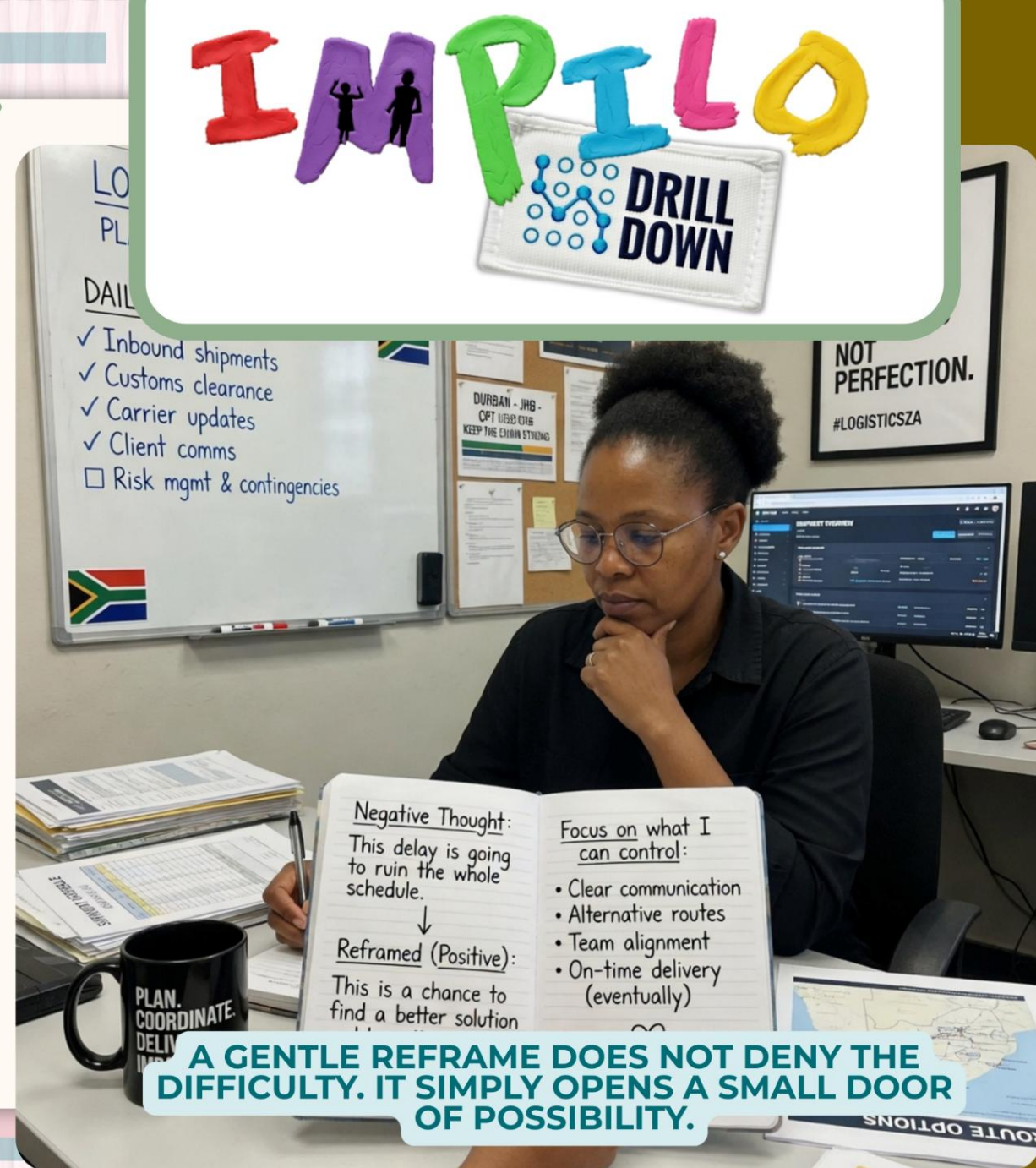


THIS IS NOT COMPLICATED. IT IS THE SAME KIND OF STEADYING OUR ELDERS USED BEFORE IMPORTANT FAMILY OR COMMUNITY TALKS. IT HELPS US STAY CLEAR-HEADED INSTEAD OF REACTING FROM OVERWHELM.

GENTLE REFRAMING – CHANGING THE STORY WE TELL OURSELVES

We all have thoughts that make us feel stuck. Common ones in high-pressure South African life include:

- “This is too much - I can’t do anything.”
- “It’s not my place to get involved.”
- “I’m going to make it worse.”



SMALL SHIFTS THAT OPEN DOORS

Instead of “I can’t do anything”

→ quietly say “What is one small step that is possible right now?”

Instead of “It’s not my place”

→ remember “In our communities, caring for one another’s children has always been part of who we are.”



A GENTLE REFRAME DOES NOT DENY THE DIFFICULTY. IT SIMPLY OPENS A SMALL DOOR OF POSSIBILITY.

THABO

LOGISTICS COMPANY, GAUTENG (BUSY SEASON)

One small pause and one small reframe began to change the atmosphere at work and at home. Thabo did not become a different person overnight. He simply used tools that were already part of our cultural wisdom and made them practical for his real life.

Thabo, a shift supervisor, was under huge pressure. Deadlines were tight, staff were short, and he was receiving constant messages from home about problems with the children's school fees and his wife's stress. He found himself snapping at his team and then going home too exhausted and irritable to be present with his own family.

One afternoon, before walking into a difficult meeting, Thabo remembered something his grandmother used to do; she would pause, plant her feet, and take three slow breaths before speaking when tensions were high. He tried it. He also quietly reframed the thought racing in his head from "I have to fix everything or I'm failing everyone" to "I can be steady for the next ten minutes and listen to my team member who is struggling."

The meeting went better than expected. Afterwards he sent one supportive message to his wife instead of carrying the heaviness alone. Over the following weeks he started a simple two-minute team check-in at the start of each shift; nothing fancy, just "How are we holding up today?" His team felt more supported, his own stress decreased, and he arrived home with a little more patience for his children.





LET'S TRY THE CENTRING PAUSE TOGETHER

For just one minute. You can keep your eyes open or gently closed, whatever feels comfortable.

- Feel your feet on the floor.
- Take three steady breaths... in through the nose... and out through the mouth.

Notice how you feel afterwards. This is yours to use whenever you need it.

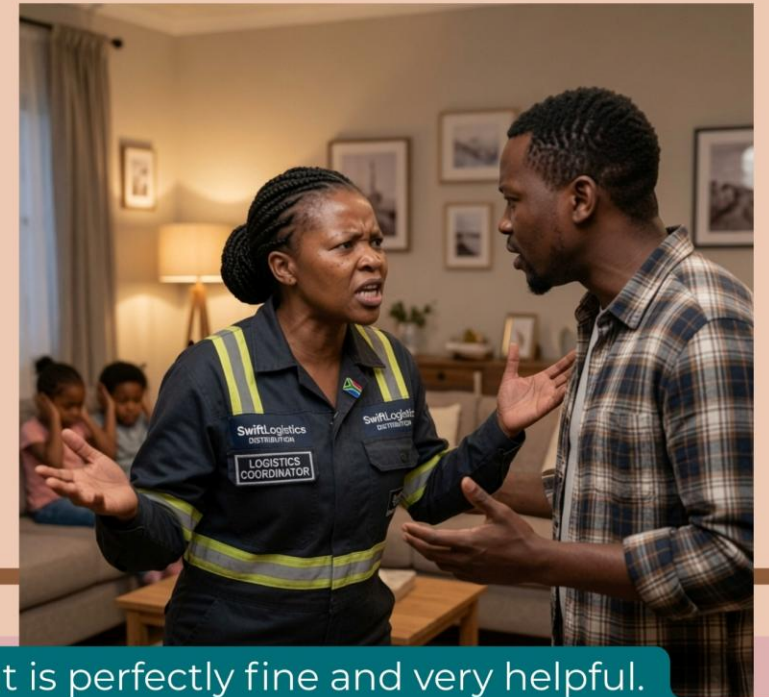


NOW WE WILL PRACTISE IN PAIRS

On the screen are two short, realistic South African scenarios. One from a workplace and one from a family or community setting.



- In pairs, take turns
- One person reads the scenario and shares the unhelpful thought that might come up.
- The other person helps explore a gentle reframe - a different way of seeing the situation that opens a small door for helpful action.
- After 4 minutes, swap roles.



Participation is completely voluntary. If you prefer to observe and listen, that is perfectly fine and very helpful. Observers often give the best feedback. No one has to act out anything that feels uncomfortable. We are practising skills, not real situations.

WORKPLACE SCENARIO

OFFICE / TEAM SETTING



What signs do you notice?

A team leader feels overwhelmed by a colleague's performance issues that seem linked to problems at home. The unhelpful thought that comes up is: "I can't get involved - it's not my business and I already have too much to handle."

- Help explore a gentle reframe that opens a small door for helpful action.



**FAMILY / COMMUNITY
SCENARIO**

**COMMUNITY / FAMILY
SCENARIO**



What signs do you notice?

A parent or caregiver feels guilty and exhausted after a long day. The unhelpful thought that comes up is: "I'm failing my children because I'm too tired to be patient."

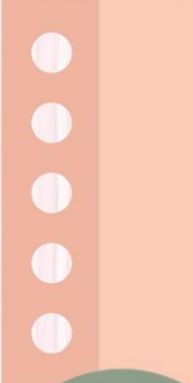
- **Help explore a gentle reframe that opens a small door for helpful action.**



A green starburst graphic with eight points, located in the top left corner of the page.

BRINGING IT BACK TOGETHER

- What reframes felt useful or possible?
- How might using a quick centring pause or a gentle reframe help reduce spillover to children or team members?

An orange rectangular box containing four white circles arranged vertically on the left side.

Resilience is not about never feeling pressure. It is about having small, practical tools that help us stay clear and choose helpful actions - for ourselves, our teams, and the children who look to us. When we take care of our own steadiness, we are better able to stand strong together for our families and teams.



RESILIENCE IS NOT ABOUT NEVER FEELING PRESSURE



QUIZ!

To help us lock in what we've learned



What is one simple way to centre yourself before a difficult conversation or when you feel overwhelmed?



How might changing one thought from “I can’t intervene / it’s too much” to “What small step is possible?” help in a real situation at work or at home?



Why is building small resilience practices for ourselves and our teams protective for children and families?



SMALL SHIFTS INSIDE US CAN CREATE BIG DIFFERENCES AROUND US.

You now have two simple, practical tools; a quick centring pause and a gentle reframe, that you can use immediately in real South African life. These are not extra things to add to your already full days.

They are small shifts that help you stay steady so you can show up for your teams, your families, and the children who need us to be present and strong.



EXCELLENT WORK IN THIS SESSION



**THE FULL RESOURCE PACK
WITH MORE EXAMPLES,
SCRIPTS AND NATIONAL
SUPPORT NUMBERS WILL BE
EMAILED TO YOU AFTER THE
WORKSHOP, ALONG WITH
YOUR CERTIFICATE OF
ATTENDANCE**

**LET'S TAKE A SHORT
COMFORT BREAK BEFORE
WE MOVE INTO SESSION 5**

**BUILDING OUR VILLAGE:
CREATING PROTECTIVE
NORMS & REDUCING RISKS
TO CHILDREN & TEENS**



You now have two simple, practical tools; a quick centring pause and a gentle reframe, that you can use immediately in real South African life. These are not extra things to add to your already full days. They are small shifts that help you stay steady so you can show up for your teams, your families, and the children who need us to be present and strong.



WELL DONE, EVERYONE