



2019
ANNUAL REPORT

FAIRNESS



To our donors, volunteers and any other supporters, **we sincerely thank you** for your continued trust.

Together, we are able to make the world a fairer place.

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A CHILD'S BIRTHPLACE SHOULDN'T
DETERMINE THEIR FUTURE...

AT LIFE CHOICES,
WE TACKLE INEQUALITY
BY INVESTING IN YOUTH.

WHY INEQUALITY

We dream of a world where we see beyond differences and we connect with each other as equals. A world where everyone has a fair chance in life.

WE WORK TOWARDS A WORLD OF ABUNDANCE - FOR ALL HUMANS AND THE PLANET.



What Does it Take to Change a Life **AND SUBSEQUENTLY THE WORLD**



By providing services in these areas, we believe young people have a chance to become all they wish to be.

We are crazy enough to believe that one step at a time, one person at a time, together we can tackle inequality!

2019 IMPACT

The people we serve are at the heart of the organisation.
We conduct annual evaluations on all of our interventions in order to improve ourselves.



FAMILY AFFAIRS

Family Resilience - parents showed increases in **all the 4-key dynamics** in Resilience Theory (belief systems; organizational patterns; communication & problem solving and parenting knowledge).



Emotional Well-being & Parenting Self-Efficacy – **92%** of parents agreed that the therapist helped improve their emotional well-being and helped them become a better parent.



LEADERS' QUEST

93% of participants successfully finished high school compared to the 80% pass rate in their schools.

59% of participants got a Bachelor pass compared with 34% Bachelor pass in their schools.

5.1% of our Alumni are NEET (not in education, employment or training) compared with **37%** of NEET youth in their communities.



HEALTH4LIFE

One year after completing the intervention, **67%** of respondents agreed that the service had changed their attitudes towards sex.

At one-year follow-up, **52%** of learners reported safer behavior practices towards HIV prevention.

81% of learners feel they can cope better with their problems after receiving psychosocial support sessions.



LIFE CHOICES ACADEMY

70% of alumni are currently employed.

R12 421.56 average salary for Alumni in the coding industry (range: R7,000 – R26,000).



FAMILY AFFAIRS

Goal: to improve the capacity of parents to deliver competent, quality parenting to children despite adverse circumstances. In other words, our goal is to improve parental resilience.



2019 AT A GLANCE

Quote from a beneficiary:

“I can’t even begin to describe how Family Affairs has changed my life and the life of my family. I was able to fully express my pain and talk about my past abuses. I was able to become vulnerable and realised that my mommy’s bitterness and pain was becoming my way of being, which I would have passed onto my girls – adding to an inheritance of broken women in the community.”

OUTPUTS

519 parents reached

with parental skills sessions (7 sessions of 3.5 hours each)

260 parents reached

with one-on-one psychosocial support (up to three sessions with a therapist)

203 parents reached

with one-on-one job search counselling (up to three sessions with a coach)

11 support groups formed

reaching 164 parents

COST

ZAR 1,921,300

NET PROMOTER SCORE

+ 80%

NPS - participants were asked “How likely are you to recommend the service to a friend? (0 = not at all likely; 10 = extremely likely)”. Their responses were categorised into three groups: ratings of between 1 and 6 are categorised as ‘detractors’, 7 to 8 are ‘passives’ and 9 to 10 are ‘promoters’. The final net promoter score is calculated by subtracting the percentage of detractors from the percentage of promoters. The net promoter score can therefore range from -100 to +100.

SUCCESS STORY

Soraya Salie

“I grew up in Bonteheuwel in a very poor family. I was one of 10 children, and our home environment was very abusive. My father, like so many in our troubled community, was an alcoholic who used to physically and emotionally abuse my Mom and if we got in the way, he took his rage out on us children as well.

As we were so poor, I remember having to wait for my older sister to outgrow her uniform so that I could have a school uniform. I never had a school bag for my books. We couldn't afford such luxuries, so I carried my books in a plastic bag. I'll never forget the day my sister's old satchel broke and I was given the broken bag. I was so excited to finally own my 'own' satchel, old as it was.

Neither of my parents had been educated, it wasn't compulsory for non-white people to receive education during apartheid. My mom could neither read nor write, but she was very shrewd with money. You couldn't fool her with a half-cent and she used this astuteness to provide for our large family.

Not having educated parents impacted us as kids as our parents were unable to help us with school work. Despite that, our parents kept us all under pressure insisting that all of us had to be in the top 10 of our class throughout our school career – they may not have been educated, but they understood the importance of education. I was proud to achieve a school diploma every year for my academic efforts.

I had always wanted to be a nurse, but due to our financial circumstances, this dream was not to materialise. This was the norm in our communities, kids were sent out to work to help their families. So, I left school when I was just 15 and got a job at the little neighbourhood Indian supermarket. It was here that I started gaining retail experience and began my career that culminated as a sales manager managing a team of 27 staff in the formal retail sector.

I have been married for 39 years, I have two children that are now married and six grandchildren. Last year, I decided to get involved in the Family Affairs programme and that journey changed my life.

Since the first session, where we focused on self-esteem, I realised that negativity pulls you down in life. I got to reflect honestly on my lack of awareness. The deep reflection within myself showed me how angry I was about the way I was raised. I learnt to feel gratitude, shifting from bitter to better. We worked with the principle of 'victim vs victor' which was a huge aha moment for me. I felt as though I was seeing life for the first time.

Because of the violent domestic cycle in which I had been reared – 'commander style' – I naturally raised my children the same way. Commanding! Demanding! Retrospectively I can see how much I missed out on with my children – we were arrogant parents "children should be seen, not heard". We did so much harm to our children. My one son became a drug addict and perpetuated the same commander style with his children but through the Family Affairs programme, I have been able to introduce new ways of parenting to my children for their children.

As a grandmother, I am able to approach my grandchildren differently and I try to influence my children to parent with the wisdom I learnt in Family Affairs. My two sons live close by, and we all have a NO PUT DOWN ZONES in our homes now – building confidence instead of robbing our children of it. It is such a powerful programme – it cuts through our culture and the brokenness of how we were raised. And how we raised our children.

Another skill I learnt during the Family Affairs programme was mindfulness. It has helped me to slow down, to reflect and to stay focused. It also helps me to respond and not react, which has created a gentler home space. I discovered that 'silence is golden' and allows a place for everyone to be heard.

As we speak, two of my grandchildren are entering adolescence. I have been surprised at my ability to be able to speak to them about sex, hormonal changes, their body changes and how to accept this as natural and not something to be hidden or ashamed of. It is so opposite to how I was raised.

Given South Africa's Gender-Based Violence pandemic, I have taught my grandsons to be respectful of, and protective of girls. I encourage women in my community to speak openly to their children and grandchildren about the topic. No one is less, no one is more. We are all equal. It has been very empowering to be able to talk frankly with my grandchildren and to know I am making a difference in their lives. I was never raised like this, nor was I able to raise my sons like this. Looking back I realise that had I not been able to see the limitations I had been raised within the first sessions, I wouldn't have been able to embrace the skills and principles we learnt at Family Affairs in the subsequent sessions.

For me, the tolerance and inspiration I received through the Family Affairs programme has deeply changed me. Initially, I felt guilty for how I had raised my children, but through encouragement, I was able to apologise to my children and heal my family. There were many tears around our dining table when my husband and I spoke to our family and apologised for our lack of understanding, but it allowed us to create and live by the Salie family acronym – Support, Affection, Love, Inspiration and Enthusiasm. This drives our family values and helps us to be closer together.

At the end of the Family Affairs sessions, we continue meeting one another – we meet twice a week and walk the perimeter of Bonteheuwel, ending at the community centre where we exercise and support one another. Out of this group we have formed so many collaborations with various organisations, establishing an International Women's Peace Group in Bonties. This involvement allowed me to attend 3rd World Peace Summits in South Korea – as a result of this I came home with a packet of sunflowers seeds which started the Peace Garden in my community. We are proud of the garden we have created and the community is involved in caring for it. The Family Affairs ripple effect continues to be felt in my heart and in my community.”



HEALTH4LIFE

Goal: to improve the health status of youth and hard to reach populations (health defined by WHO as a state of complete physical, mental and social well-being).



2019 AT A GLANCE

Quote from a beneficiary:

“Life Choices’ therapist got me to realise that cutting myself was not a solution and it wasn’t going to change my situation. He encouraged me to sit and talk to my mom, to tell her how I was feeling, to tell her what I didn’t like, and the impact it was having on me. With his help I was able to tell her that although she wanted the best for me, her way of encouraging me was breaking me down. Fortunately, my mom heard me and has worked towards being more supportive.”

OUTPUTS

6,010 people reached

with HIV Counseling & Testing services (average 40 minute sessions)

504 youth reached

with one-on-one psychosocial support (up to three sessions with a therapist)

2,737 youth reached

with reproductive health talks (four talks per class)

536 youth reached

with health talks (1 hour)

COST

ZAR 3,887,432

NET PROMOTER SCORE

+ 38%

NPS - participants were asked “How likely are you to recommend the service to a friend? (0 = not at all likely; 10 = extremely likely)”. Their responses were categorised into three groups: ratings of between 1 and 6 are categorised as ‘detractors’, 7 to 8 are ‘passives’ and 9 to 10 are ‘promoters’. The final net promoter score is calculated by subtracting the percentage of detractors from the percentage of promoters. The net promoter score can therefore range from -100 to +100.

SUCCESS STORY

Siphumelele Mandondo

“Out of my grandfather’s six children, none of them received an education and one by one they dropped out of school. Only my mom finished matric but, because of the family’s financial constraints, she couldn’t further her studies and was forced to find work in order to look after her elderly parents and siblings.

My mom was 18 years old when she left Butterworth, in the Eastern Cape, for Cape Town. She was young, alone and unskilled. She managed to get a job in the hospitality industry as a cleaner, she was resourceful and began volunteering to fill in on kitchen and other duties, expanding her skill set. When my mother was 21 she met my dad, but when I was only two-months-old, my dad deserted us! As time went by, as a young boy, I remember my mom going to night school to develop her hospitality skills. She is a real inspiration to me.

My grandfather worked on the mines up in Kimberly and when he retired he came to Cape Town to buy a brick house in Nyanga for my mother and her sister. This enabled life to become a bit easier for us. As a single mom, my mom took care of me whilst she was also trying to become financially independent. Life looked promising, I was sent to an English speaking Primary school in the city. Life was good! And then my mom lost her job, this flipped our lives upside down. Everything went south, she could no longer afford the school I was in. Her siblings weren’t working so we were impoverished. I had to go to a township school and I was sent to stay with a family who I didn’t know. I was ill-treated, beaten and emotionally put down. My surrogate family constantly demeaned my mom. I often went to bed hungry and sad, worrying about my Mom and feeling alone in that house.

Whilst I was still in primary school my mom got married to someone new and they took me to live with them. It was another transition for me. I wasn’t used to having a man around the house. At first, he was cool and calm but soon things started to change. I still carry the pain of not being ‘invited’ to my mom’s wedding – they left me behind – I was 14 at the time. My ‘step-father’ held a high position and it seemed to give him a right to ‘control’ my mom. She became fragile around him, often trying to defend me against him resulting in him beating her instead. A year after they married, they had a child – things started to change again. For the worse, that child became my responsibility. I had to feed, wash and care for the child. This responsibility forced me to become a ‘young parent’. I lost the carefreeness of being a child. When I made mistakes my step-father would beat me with a belt. I still can’t understand his behaviour – he didn’t drink or smoke – I wonder what drove his anger?

When I was in Grade 9, another child was born. I was forced to accept even greater ‘parenting’ responsibilities. But I never let go of the focus on my studies. During Grade 9, my mother went to the Eastern Cape to undergo a traditional ritual. My stepfather was angry that my mother had left me behind. So my mother called my biological father and arranged for him to see me at the Nyanga house. My father took me to live with him in Stellenbosch, I was 16 and I believed that my life would change and improve. It was a challenging situation adjusting to a new household, a step-mother, their children and a father that I hardly know. The positive side was that I no longer had to look after my half-brothers and had time for myself, for school excursions and for my studies. Although I was now living with my biological father, we had never had a father-son bond and his love for me was lacking. This is something I am still dealing with as a young man.

My life got positively impacted when I met a Health4Life counsellor from Life Choices at school. She has been a big blessing in my life. I will never forget the first time I met her, our class was

rowdy and disruptive when she appeared at the door. When I saw her, I noticed her gentleness, and because I was the class rep, I stood up and told the class to keep quiet, allowing the counsellor to introduce herself.

As high school learners, we don’t have all the information on sex education and the responsibility that we need, and which I believe our communities need. There are so many teenage pregnancies around us. So many children, like me, grow up without fathers. This realisation hit me during the Health4Life sessions, as I reflected on all my cousins getting pregnant with no education and no family structure.

We also learnt about Sexual Transmitted Infections, the causes and how to prevent getting them – I asked a lot of questions which the counsellor patiently answered. I started being aware of the emotional immaturity of being sexually active during adolescence and the long term impact of our actions in our communities.

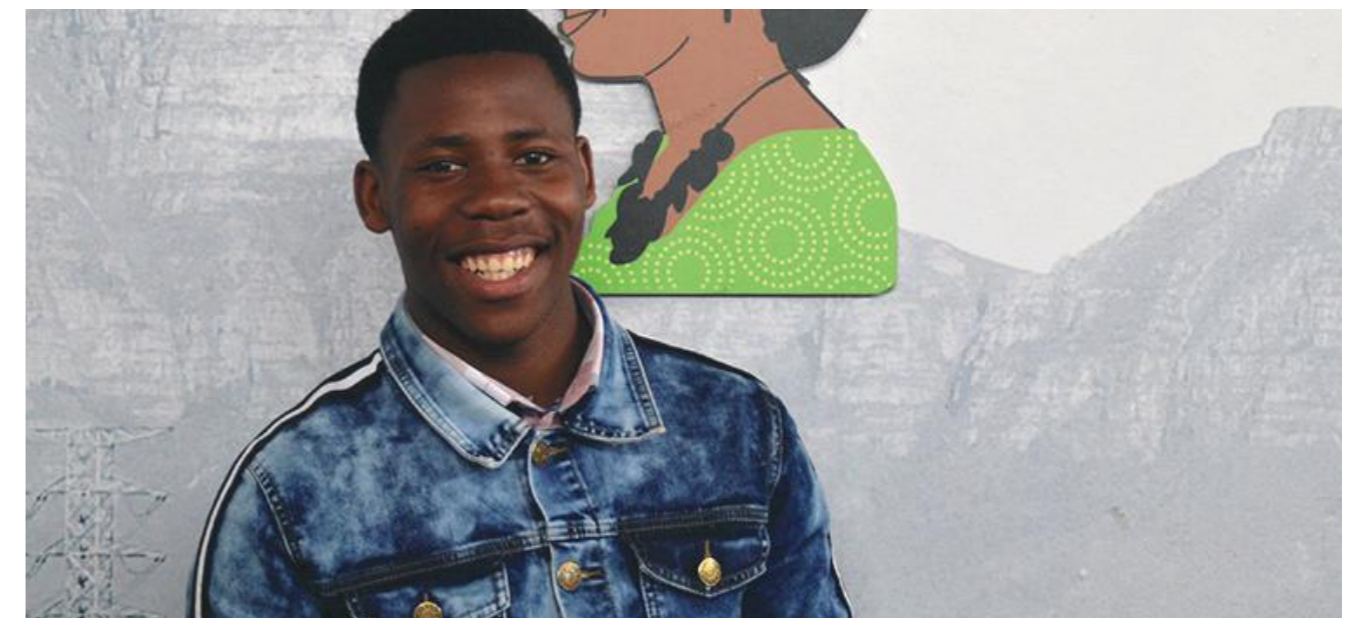
We were lucky to have had four Straight Talks and after the talks, we were asked if we wanted to do HIV testing. I volunteered to have the test, I was so nervous and at the same time so grateful for the support, I was really shaking. When my results came back that I was negative, I was shouting with relief.

Learning about the facts, finding out my status, I felt confident and I thought my life had changed. Unfortunately, during the Christmas holidays, I became irresponsible with my behaviour which caused a lot of stress and guilt.

As soon as schools opened, I had an HIV test again. I was so anxious and I couldn’t wait for the Health4Life counsellor to come to my school – I was the first one to test. I really appreciate the experience and it was then that I resolved to never be sexually irresponsible ever again.

What I have realised is that if I hadn’t met Life Choices, I would probably have become HIV positive like both my siblings are. I would probably have dropped out of school as they did. Between my two cousins, they have eight children that they are unable to properly raise and educate. Without Life Choices, I would probably have followed the footsteps of my family.

The programme has deepened my knowledge, awareness and sense of responsibility. It has also offered me the chance to educate my cousins’ children – I try to teach them about prevention and the implications of HIV, STI’s and teen pregnancy. I had an open, unashamed conversation with them and have encouraged them to wait until they are educated and ready to have a family. I believe our generation could break this vicious cycle! On my side, I have committed to put all my energy and focus into becoming a chartered accountant, if all goes well the first one in my family.”



LEADERS' QUEST

Goal: to mold a generation of young leaders to become influential decision makers for a greater South Africa.



2019 AT A GLANCE

Quote from a beneficiary:

“I believe that had I not participated in Leaders’ Quest I would still be very introverted which would have blocked me from exploring my full potential. I have learnt to present myself and I no longer stutter. Now I can stand before a crowd and make an impact. Going forwards I want to give back to my school, to the Leaders’ Quest programme as well as to the Engineers without Borders community. My dream as a kid is fast becoming my reality.”

OUTPUTS

115 youth

successfully completed the first year (leadership training [60 hours], life skills sessions [22 hours], tutoring [53 hours] and six experiential activities)

98 youth

successfully completed the second year (leadership training [42 hours], life skills sessions [17 hours], tutoring [70 hours] and one experiential activity)

141 alumni reached

with one-on-one coaching sessions

COST

ZAR 4,363,058

NET PROMOTER SCORE

+ 87%

NPS - participants were asked “How likely are you to recommend the service to a friend? (0 = not at all likely; 10 = extremely likely)”. Their responses were categorised into three groups: ratings of between 1 and 6 are categorised as ‘detractors’, 7 to 8 are ‘passives’ and 9 to 10 are ‘promoters’. The final net promoter score is calculated by subtracting the percentage of detractors from the percentage of promoters. The net promoter score can therefore range from -100 to +100.

SUCCESS STORY

Sivuyiso Mvani

“I was my parent’s first child. I grew up in Philippi, Cape Town. When I was six my brother was born and six years later, my sister came along. Because of the age gap, I became kind-of-like an assistant parent, stepping in to help my parents when necessary.

I had a very warm and kind upbringing and although we had our struggles, it didn’t impact me as a child, because my parents made sure that I had what I needed.

When I was little only my Mom had a job (she had finished matric, whilst my Dad didn’t). So my Dad took care of me until he got a job when I was about 15 years old. I feel that having had my Dad as my primary caregiver whilst growing up, has made us form a very strong bond.

Although I grew up in a township, I feel I was very fortunate to have had parents who value education and made sure that I went to the best possible schools. When I completed Primary school, my parents selected Oaklands High for me – it was a middle ground between a township school and a more privileged school. It wasn’t the school I wanted to go to, but it was affordable for my parents, and most importantly for them, it wasn’t in the township!

Retrospectively, if I hadn’t gone to Oaklands HS, I wouldn’t have come across Life Choices which served to hone me on so many different levels.

When I was in Grade 9, I attended one of the Life Choices Health4Life sex education sessions. Later when I was in Grade 11, a Life Choices coach came to talk to us about the Leaders’ Quest programme. He shared the scary stats about youth in South Africa which gave me a new insight into how many students drop out of school and university in SA.

There was quite a long application process, including an interview with the Leaders’ Quest coach. I was fortunate to be chosen and I am grateful for the opportunity to have been able to stretch myself in many ways. I will forever be grateful to Life Choices for what I gained out of participating in the programme.

Overall, I saw Leaders’ Quest as a ‘mindset advancement’. When I joined the programme, I already had a positive attitude, but it advanced how I saw life, and how I thought about life. The life skills we were taken through taught me about the importance of Emotional Intelligence, being mindful, listening through a process called ‘thinking pairs’ and most importantly it made me look within, rather than focusing outwards. I got to realise that a very important component in forming relationships with people, is knowing yourself and knowing who you are.

A critical aspect of Leaders’ Quest is a peer exchange experience. We were partnered with someone from a different culture in the same grade. Jesse, my ‘coloured’ counterpart, was my exchange partner. We had to host one another overnight in each other’s homes, attend their school the next day and be immersed in their culture and way of life. I was very nervous initially but Jesse’s family was very welcoming – it was an experience I will always be grateful for. It has opened my mind to being culturally inclusive and to be open to experience unknown environments. A bonus of my exchange with Jesse is that this year we entered 1st-year UCT together and have supported each other. I believe we will be friends for life.

Part of the programme exposed us to professional development which helped me to ‘land’ an interview for a bursary. Even though it was my first interview, the interviewer gave me very positive feedback about how well I had presented myself – I believe it was a direct result of the professional skills we had learnt during Leaders’ Quest.

Another hugely beneficial tool we were exposed to was Mindfulness. This has played a huge role in

my life. I am still practising mindfulness which is helping me manage my stress during my university studies – I am more aware when I am distracted and how to bring myself back to focus. We learnt that emotions are temporary and whilst they should be acknowledged, we shouldn’t hold onto them.

During the Leaders’ Quest programme we also attended Servant Leadership training focused on how we can be proactive and how to do something for the community instead of complaining and blaming – it focused on ‘being the difference you want to see.’ Life Choices is investing in the future of South Africa. Once I am successful, I want to contribute to expanding Life Choices to other provinces to be able to positively impact more youth in the country.

I feel that our country needs servant leaders who are willing to work for the people of South Africa and uplift this country. Servant Leadership is founded on an understanding of wanting to serve and wanting to contribute to being the change. Through this ideology, a group of my contemporaries from Leaders’ Quest have formed a group aiming to educate youth and others about diversity and inclusivity in education in our communities. We strive to open minds and make people accept differences.

In Grade 11 I had to start thinking about what I wanted to do after school. I knew I wanted to do Astro-physics, and I knew that I wanted to go to UCT. Previously, I had done a project on the SKA Telescope and my interest was ignited at the time. I also had been part of a national public speaking contest, by the Department of Water & Sanitation and because my team came in second, the Department afforded us a full bursary to study at a university of my choice. The problem was that it didn’t offer opportunities in my field of interest. My parents really wanted me to take the bursary which was limited towards the areas of study I could enter. If I had accepted the bursary, I was assured of 3 years of work after university which was hard to ignore given the high unemployment for graduates in SA. It was a real quandary and we had rigorous debates around this at home and with my Leaders’ Quest coach.

Ultimately I didn’t take the bursary, choosing to rather follow my passion. It was a tough time and tough decisions had to be made. Overall I am immensely grateful for the mentorship and support I received from the Leaders’ Quest coaches and the team at the office. It is rare in life to have mentors at your side through later school years and in preparation for tertiary education. I hope that I can be a mentor to others one day, given how fortunate I was to have been through Leaders’ Quest.

A last thought.... I remember warmly how every Friday we had to go to the Life Choices offices for the Life Skills sessions. Afterwards, the drivers would take us home. Mostly Papa took us home and those journeys home forged our friendships, opened debates and provided such rich memories that I still cherish today.”

Sivuyiso is a first-year student of Astrophysics and Applied Maths at UCT.



LIFE CHOICES ACADEMY

Goal: to develop IT skills in school-leavers to obtain fast, well-paid and meaningful jobs.



2019 AT A GLANCE

Quote from a beneficiary:

“Life Choices gave me a chance to dream and to become successful in my life – it helped open my mind enormously. Whilst I was still a coding student, I did something I would have never had the courage to do before Life Choices. I went to buy gas at a small company in Khayelitsha and when I realised they did not have a website, I asked to see the manager. I offered to build a website for them and explained how it could help their business. They saw the benefits and asked me to go ahead. They became my first client.”

OUTPUTS

102 youth

successfully completed the 6-month boot camp (personal & professional development training [120 hours], life skills sessions [38 hours], coding training [648 hours] and one-on-one sessions [2-3 sessions per student])

82% of students

placed in internships.

COST

ZAR 4,449,734

NET PROMOTER SCORE

+ 66%

NPS - participants were asked “How likely are you to recommend the service to a friend? (0 = not at all likely; 10 = extremely likely)”. Their responses were categorised into three groups: ratings of between 1 and 6 are categorised as ‘detractors’, 7 to 8 are ‘passives’ and 9 to 10 are ‘promoters’. The final net promoter score is calculated by subtracting the percentage of detractors from the percentage of promoters. The net promoter score can therefore range from -100 to +100.

SUCCESS STORY

Megan Meyer

“I grew up in Primrose Park, near Manenberg, with my mom and dad and two siblings, an older and a younger brother. My mom and dad split up a few years back, I think I was in GR10 which impacted us as we had to move around a lot. It was a rough time when my dad left, leaving me to step up to help my mom around the house and making sure my brother was doing homework. My mom was doing two jobs at the time in order to make extra money for us.

I matriculated from Oude Molen in 2010 and pursued a graphic design career which didn't work out due to financial constraints. So, I started working at an investment company as an administrator. It was quite a cool job, I enjoyed learning about how the financial markets worked. Unfortunately, I only held a temp position for a lady on maternity leave, so on her return, I was out.

I was not sure what I wanted to do with my life but the idea to do a TEFL qualification and travel was attractive. Fortunately, my Mom gave this to me for my 21st, so after some time, I went to teach in China. That was four years ago – it was a fresh and valuable time to learn about different cultures and myself. I was there for eight months but I couldn't get my visa renewed so had to return home. During this time my best friend sent me a link for the Life Choices Academy.

My application was successful and I was invited to a one-day information boot camp which involved a whole lot of aptitude tests. Getting through these tests led to a 2-week life skills boot camp – this was another milestone to overcome before being admitted to the 6-month coding course.

The two-weeks bonded the group and set us up with core life skills: Financial budgeting was an eye-opener for me – it is the skill I use every day of my life. Before this course, I never budgeted. I used to spend recklessly without a thought for the future.

Something that really stood out for me during the 2-weeks was turning walls into doors. We learnt to look at the full picture of any situation, analyse our options, consider the impacts of our choices. We learnt to break down the obstacle (the wall) and walk through the door. Another gift I took from the life skills was learning to rely on others, no matter what you are going through, trusting that you can turn to someone.

It was a masterful 2 weeks culminating in a 1-1 conversation with the head of the academy where I was told I had been accepted on the 6-month course. Having not known what coding was, I immersed myself in the various languages we were learning – I used to get home and all I wanted to do was code. It felt like my future was unfolding and I was excited about what was available to me.

During the 6-months we attended personal and professional development courses which offered a holistic way of growing and healing, it was also compulsory to see a therapist. There were things I didn't know I was holding onto which I wasn't aware of - the counselling helped me confront these things, to become accepting and whole.

I really enjoyed the professional development which has helped me to be more effective in the workplace. It gave me the skills to know how to work powerfully with different types of people. Understanding emotional intelligence is a skill which has benefitted me both at work and in life. Simply, EQ is effective whether you are at shops or facing road rage – being able to step back and trying to understand what someone else is going through helps me not to react. I've learnt to think before I act, before I speak. Added to the EQ skills, we also did a Mindfulness course every 2nd Wednesday. It helped me to know my emotions, feel them and let them pass through without holding onto them and taking them out on others.

Immediately after I graduated from the Academy I started my first internship at a company which creates apps and websites. I was taken on as a junior web developer. We built websites from scratch using a mock-up which we had turned into a live website or app.

The workload was pretty intense which caused anxiety at times. Using the skills I had learnt at Life Choices helped me to function more mindfully and to manage the anxiety. A coding classmate had joined the company with me, so he and I used to do the thinking pairs to support one another. I don't think I would have been able to handle the internship the way I did, without my classmate there and without the skills we'd learnt. Towards the end of my internship, my manager gave an assessment which resulted in me getting a full-time position straight after my internship.

Currently, I am managing four coding interns from the Life Choices Academy, so I am growing my management and leadership skills, which are underpinned by the life and professional skills I got at the academy. I am loving watching the interns grow and seeing them embrace their new skills and responsibilities. I feel excited to have been identified as the mentor for front end by the company which allows me to also grow.

Looking ahead, I see myself continuing to focus on developing my skills, I want to become excellent at what I do.

I also have started an investment portfolio and my goal is to retire at 40. I don't plan to retire in the sense of not working, but see myself opening my own company where I can help people, young and old, to get the kind of technical and life skills which I have been so fortunate to gain.”

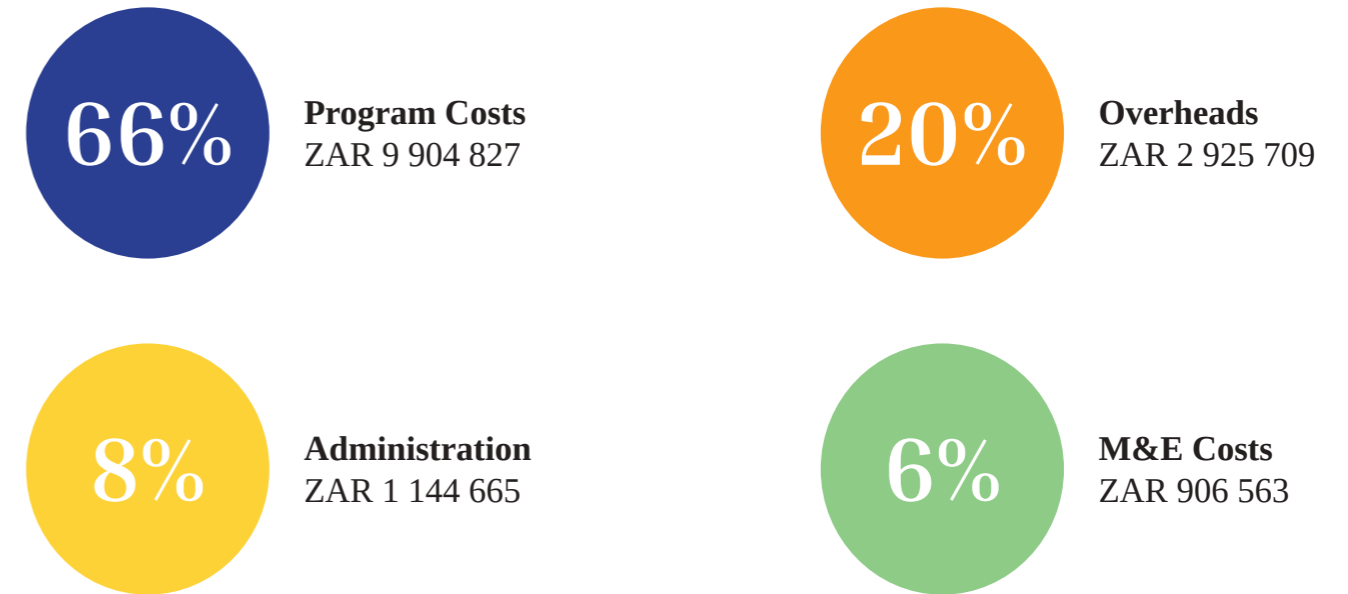




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Scheck Stiftung	395 542
The Entertainment Company (CTAOP)	1 077 802
Ukhambe Lezwe Trust	438 000
Van Kasteren Stiftung	405 859
Walter and Louise Stiftung	143 266
Effects of transfer to and from deferred income	- 192 355
TOTAL	14 066 720.50

FINANCES

Breakdown of Expenses by Category



Total Expenses: ZAR 14 881 764



OUR JOURNEY

With one of our partners

How did this partnership begin?

Our partnership with Salesian Life Choices began five years ago, in 2016. HIVSA, another incredible CTAOP Program Partner, originally introduced us to Life Choices in 2015. We deeply trust the opinions of our Program Partners, so we knew we needed to reach out and learn about the work of Life Choices, and what we found was an organization that was truly aligned with not only CTAOP's mission, but also our values.

Why did you decide to partner with Life Choices?

The mission of Life Choices has always been about tackling inequality by working with vulnerable youth with empathy and compassion—this really spoke to the heart of CTAOP. Our efforts have focused on HIV prevention for youth in Southern Africa, but the broader reason why we do this is because we believe that the empowerment of young people will lead to a more inclusive and equitable world. We want to remove barriers and create opportunities for youth in South Africa and beyond, with the goal of supporting them to keep themselves and their peers healthy, safe from HIV and be able to create the futures they want for themselves and our world.

You have partnered with Life Choices since 2016, how has the experience been?

Working together with Life Choices has been a real joy for CTAOP. Not only are we incredibly proud to be able to support such impactful work in service of young people, but it's such a pleasure to work with the committed and passionate Life Choices team. They are thoughtful and deliberate about everything they do. One of their strengths is their ability to continue to learn and adapt to the changing needs of the community.

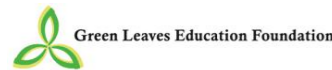
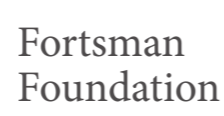
In particular, CTAOP has supported the Health4Life and Family Affairs programs. We have been so impressed with the holistic programs Life Choice offers, supporting learners throughout their educational journey, access to youth friendly HIV, TB, sexual and reproductive and mental health services, support for parents, and skills development to assist with employment opportunities. We are so grateful to partner with an organization who has strong relationships in the community and can truly respond to the ongoing and changing needs of the young people living in the Cape Flats.

What do you think is the mutual benefit of this partnership?

CTAOP's approach is dependent upon the extraordinary expertise and experience of our Program Partners, like Life Choices. They help to drive our efforts. Life Choices has been a true partner in our work. The Life Choices team have been an extraordinary thought partner—always happy to share learnings and willing to give us honest and thoughtful feedback. Their input has been invaluable as they have immensely helped us improve our team and approach. Aside from providing funding support, we use their feedback to explore ways to provide value where needed, seek out opportunities to connect Program Partners with other resources, and do our best to use our platforms to raise up youth and CBO voices. The challenges that young people face are complex and many, and none of us are going to be able to help solve them alone – we need to collaborate and all bring our pieces of the puzzle together.



**WE WOULDN'T BE WHERE WE ARE TODAY
WITHOUT YOU!**



A SPECIAL THANKS TO *The 2019 Board of Directors*

Linda Roos, Chairperson

Danilo Acquisto, Vice-Chairperson

Eric Van Graan, Treasurer

Marco Spaumer, Secretary

Di Charton, Member

Lerato Raboti, Member & Alumnus

Fr. Jonathan Daniels, Member & Salesian Priest

Gavin Thompson, Member

Thembaletu Seyisi, Member & Alumnus

Sofia Neves, Member & MD



In 2020 we are becoming

A B-BBEE ONE STOP SHOP

WHY PARTNER WITH US?

We serve approximately 20,000 black beneficiaries per year.

OWNERSHIP

Companies can make Salesian Life Choices a shareholder. If we become a shareholder, we appoint an industry expert to represent us in shareholders' meetings, so that we add value.

SKILLS DEVELOPMENT

We manage a bursary scheme from recruitment, induction to developing programs that support previously disadvantaged youth to graduate and launch their careers successfully. Youth can also be assisted to complete vacation work and internships within the sponsor company.

SOCIO-ECONOMIC DEVELOPMENT

We are a public benefit organisation. Our welfare interventions work with youth and women to facilitate income generating activities and support educational outcomes. We also have services that focus on healthcare and HIV programmes. Beneficiaries are 100% black. SED contributions are awarded at the full value of the contribution. These contributions are also tax deductible, for which we provide an 18A certificate.

ENTERPRISE AND SUPPLIER DEVELOPMENT

We own a few social enterprises that are 100% female and black owned. All profits are reverted to ensure the long-term sustainability of our welfare services.



LIFE CHOICES

M&E Agency

LC STUDIO



We are a YES4YOUTH implementing partner. We can assist companies to obtain extra points.

WE HOPE THE ABOVE INFORMATION PROVIDES ENOUGH
DETAIL. IF NOT, PLEASE GET IN TOUCH.

CONTACT US

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