

Believe in yourself and you will conquer your shyness

The focus will be on women for the new Appoint Real Mentors Somebody (ARMS) leadership programme to be run at Cida City Campus.

Last year the majority of students who participated in the pilot programme were male, this year the overwhelming majority (75%) are female.

"The challenges that women face on entering the workplace will certainly feature on the 2006 programme," says Phindile Dhlamini, associate director of ARMS.

At present Dhlamini is busy finalising the content of the programme which is scheduled to start at end of March.

Basic skills and techniques are taught, including time management, public speaking and presentation skills.

Though it is a broad-based programme that prepares youth for the work environment, it is customised to meet the needs of the new intake of students.

This year special emphasis will be placed on job-hunting strategies following requests from students.

"We have also doubled the number of participants, and interest-



ALL TRAINED UP AND RARING TO GO ... the group of students who graduated from the 2005 ARMS leadership programme at Cida City Campus.

ingly, the team leader is a woman, Antoinette Mgobhozi, who is a final-year student," Dhlamini elaborates.

The 13 students who participated last year have graduated not only from the leadership programme but also from the university.

Some have managed to secure employment; Njabulo Duma is one of the fortunate ones.

Duma is the student who introduced the ARMS programme to the university last year.

Despite calling himself a timid person he approached Cida proposing that the leadership programme be launched at the university. Cida investigated, ARMS was customised and given the go-ahead.

Duma believes it was the right

thing to do. "I am happy that I read that article in *The Star Workplace* and that I managed to overcome my shyness," he says. "The most important thing we learnt was to believe in ourselves and to have confidence."

Duma is currently employed and undergoing training at a company in the transportation industry. The company approached him when he completed his BBA degree at the end of last year.

"I am learning about the departments in the finance division at the moment," Duma elaborates. "Then I will be placed in a specific position and the future looks bright."

Cida City campus offers a Bachelor in Business Administration to financially disadvantaged students of all race groups.

Students help to run the campus and administration offices to reduce costs.

■ For more information contact Sebenzile Ntsomi, Cida's community development coordinator at 011-833-8825.

If you are interested in employing a graduate of the ARMS programme, contact Phindile Dhlamini on 012-310-3625.