



SUPPORT GROUP MEETING

Register Now For Our NPOwer Support Group Meeting, Friday 8 March at 12pm

This Months Topic:

Developing Our Internal Communication Skills

Improving communication skills among colleagues fosters better understanding, teamwork, and efficiency. It reduces misunderstandings, enhances productivity, and strengthens relationships, leading to a more cohesive and successful work environment.

Join the NPOwer Support Group Meeting on the 8th of March at 12pm where we will be discussing ways to boost communication skills across NPOs by fostering open dialogue and active listening among colleagues.

FREE ONLINE SUPPORT GROUP MEETING

NPower



www.npowersa.org

For all NPO workers, leaders and volunteers

When: Friday 08 March 2024

Time: 12pm - 1pm

Where: Zoom

For more info: info@npower.org.za

REGISTER NOW:
[HTTP://BIT.LY/NPOWER_SGM](http://bit.ly/npower_sgm)



Register for our **FREE NPower Support group** meeting, taking place **Friday, 8 March at 12pm.**

[Click here to RSVP](#)

Hear From Our Support Group Members



**“I’ve been joining the
NPOwer Support
Groups for a while
now and it’s awesome
to talk to others in
NGOs and hear how
you do things”**

“The NPOwer Support Group is amazing. I am joining for the first time and I like the fact that it is highly interactive. I will join again, please provide dates so I can diarise them.”

About the NPOwer Support Group Meeting

Support Groups bring together people who have gone through, or who are currently going through similar experiences. When facing major life challenges and stress, support from others can help someone feel less alone and minimize the effects of these overwhelming emotions on our overall well-being. NPOwerSA launched a first-of-its-kind Support Group this year, specifically for anyone who works or volunteers in the non-profit sector.

The NPOwer Support Group is a source of empathetic understanding and a non-judgmental environment where members have a voice and

learn to take control of their situations. If you work in the non-profit sector and are in need of extra help and support and want a safe and supportive environment where you can meet like-minded people, struggling with similar stressors and anxiety, be it personal or work-related, join the FREE NPOwer Support Group.



If you, or someone you know, is working in the non-profit sector and are in need of some extra mental health help and support, please call the NPOwer toll-free helpline. The helpline is operational 24 hours a day, 7 days a week, 365 days a year with counselling available in all 11 official languages. **Call 0800 515 515 or send a SMS to 43010.**

Kind regards,

NPOWER Team

©2024 SADAG | P.O. Box 652548 Benmore • Johannesburg, 2010 • South Africa

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by
[GoDaddy Email Marketing](#)®