



NGAKA MODIRI MOLEMA DISTRICT MUNICIPALITY

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OFFICE OF THE MUNICIPAL MANAGER

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MEDIA STATEMENT

NMMDM EMPLOYEE WELLNESS A PRIORITY

Ngaka Modiri Molema District Municipality fully recognizes the value and importance of its employees in achieving its vision of being 'Leaders in integrated municipal governance. It understands that it takes a healthy and well workforce to be able to provide excellent services to the community we serve, hence the District Municipality staff member participated in Wellness Programme on the 7th September 2018.

Employee wellness is a priority to the Municipality and provides guidance towards healthy lifestyle as an important integral to the production of any organisation.

The objective of the programme brings wellness and instil unity amongst employees and employer as it increases job satisfaction, bettering relations between co-workers and also improves physical strength and general wellbeing. This saw workers from water aiders, road aiders, foremans, firefighters and management participating in a variety of team building exercises that were expected to build on top of a foundation that already existed.

To add on to the programme of the day Employee Wellness invited a social worker from Kgatelopele Wellness Centre who spoke on the stigma our society has on people who suffer from mental illnesses. She touched on the subject of depression on how it is okay not to be okay. "Stop suffering alone from consistent symptoms and think they will go away. You need help or else u will wake up late" said Ms Itumeleng. She further encouraged employees to be aware of any situations they might find themselves in and if it gets unbearable to seek help.

First National Bank represented by Ms Olerato Chimole, a Branch Associate also shed a light on financial wellbeing of individuals as she emphasise that putting pressure on ourselves on thing that one can't afford is a route for disaster. "Get a financial advisor and sort out your finances so that you don't find yourself in financial distress", she advised.

"Leaders in integrated municipal governance"



Overall all employees applauded the efforts by the employer on their wellness, a confirmation from Ms Boitumelo Gaonakala who is a netball player for the District said she was happy with the Districts initiative, "this is a real team building for us, we all came together as employees to play and learn how to live a sound, healthy lifestyle as it happens once in a while, but was great."

This is another way the district ensures that its employees are mentally and physically fit to ensure that service delivery reaches the communities they are meant to serve.

"The New Dawn; Together in moving Ngaka Modiri Molema Forward,"

End.

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