

INFORMATION X CHANGE

THE MONTHLY ENGELI ENTERPRISE DEVELOPMENT YES-4-YOUTH
NEWSLETTER



A CULTURE OF PRODUCTIVITY

Any successful company should understand the importance of productivity in the workplace. Being productive can help the firm increase and utilize the capacity of the human resources it has. Most productive companies have happy and healthy employees, which are the basis of a successful organization. This has some benefits for the company, its workers and customers.

Productivity in the workplace will often translate into good customer service and interaction. This total client experience is the key to satisfying customers and clients, and almost all highly productive companies use this to gain customer loyalty. The employees themselves are an investment, and like any investment, they should yield a healthy or worthwhile return to the company.

Therefore, when employees are highly productive the company achieves its goals of investing in them in the first place. Productivity also helps to motivate the workplace culture and boost overall moral, producing an even better working environment and more often than not, when a firm is highly productive, it eventually becomes successful, and because of this, incentives are bound to be made available to the employees. These include pay raises, bonuses, medical insurance and so on. This will also motivate employees and gives them more job opportunities as the company grows.

10 SKILLS EMPLOYERS ARE LOOKING FOR

- *Flexibility*
- *Work Ethic*
- *Eagerness to Learn*
- *Ambitious*
- *Problem Solving*
- *Communication skills*
- Ability to work in a team
- Responsible
- Goal/Career Driven
- Critical Thinking

**SUCCESS IS TRULY
MEASURED IN HOW
FAR YOU CAN GO
AND NOT THE
NUMBER OF BIG
WINS IN A SHORT
AMOUNT OF TIME.**

CANDIDATE HIGHLIGHT

Sakhumzi Roxo - Barista at Urban Black Roasters

I believe that being exposed to the working environment has assisted in my growth and I am enjoying the learning experience that comes with working for Urban Black. I am someone who describes myself as a people's person who wants to further educate himself and build his own brand within the industry.



"Having Sakhumzi join our organisation has been an enjoyable experience, his work ethic and "can do" attitude makes having him part of the team an absolute pleasure. We are pleased that Sakhumzi is part of the company as his presence has enabled our company to increase our store footprint and grow our revenue. He has also displayed great leadership capabilities and we look forward to growing his responsibilities and role within the company."

- Chumani Maqina, Director of Urban Black Roasters

MUSIC & PRODUCTIVITY

A lot of people often need inspiration to get through the day, one thing does unite us and that is Music or the love of Music, whether it be Rock, Pop, Rap or Hip-Hop; Queen, Katy Perry, Drake or The Weekend. Various studies have been done to shed some light on what they'd name it, The Mozart Effect, a lot has been written about music and how the brain responds to it in magazines, opinion pieces and scientific research. And they all come to the same conclusion!

Listening to music that we like activates the brain's "reward" system, specifically the dopamine pathway. Dopamine is the same hormone that's released from ingesting caffeine and sugar. One study tracked participants' brains and found that dopamine release was strongest during "peak emotional response" to the music, so maybe good music does "wake up" our brain in a similar way. In fact, another study claimed that the regions in the brain that reacted to music were the same that respond to "other euphoria-inducing stimuli, such as food, sex, and drugs of abuse. You may ask what that has to do with completing your annual reviews at work? By associating a reward behavior like music with a desirable outcome like getting work done, you're training your brain in the same way you train a dog with treats. Whistling or singing(not in the open plan space though!) while you work tells your brain to associate a positive behavior with a hormonal reward, and might be the oldest productivity hack in the book.

EXERCISE & PRODUCTIVITY

Exercise is known to reduce stress, battle fatigue and improve performance. A natural stress reducer, exercise helps with chronic stress often suffered by workers. With exercise your sleep quality also improves, which means you wake up fresh and rested and ready to tackle another day.

Busy working professionals find it hard to fit exercise into their hectic schedules, but taking time for exercise actually increases your mental edge. Exercise feeds the brain, which is essential if you're going to be more effective and efficient in the workplace. When your brain is performing at full capacity, you focus better, concentrate more, and thus make smarter decisions. A healthy body equals a healthy mind!

CANDIDATE HIGHLIGHT

Oyamangaye Bhayi - Logistics Intern at National Logistics Management

I am a Logistics Management graduate who completed my diploma at the Nelson Mandela University. Working at National Logistics Management has been such a learning experience as it has forced me to utilise all the theory I learnt during my studies and incorporate it into the workplace. I am grateful for initiatives like the YES Programme, initiatives that have been tailor made to give minorities an opportunity to improve our credentials through workplace experience.



"Oyama, has the potential to become a great logistics leader within any business field she should choose. Oyama, is loyal, trustworthy and diligent. Her work ethic is meticulous and she asks the necessary questions in order to better understand the tasks appointed to her. I would recommend Oyama to anyone whom may seek to employ her in the near future. I am proud that Oyama chose NLM as her intern company, as we strive to ensure that students are workplace ready when they leave us."

- Melissa Roberts, National Logistics Management



**ACTION WITHOUT
VISION IS ONLY
PASSING TIME**

**VISION WITHOUT
ACTION IS MERELY
DAYDREAMING**

**BUT VISION WITH
ACTION CAN
CHANGE THE WORLD**

- NELSON MANDELA