

2023

Annual Report ecl South Africa





Activities for year-end 28 February 2023

- Jeppe High Preparatory School
- The Ruth First Jeppe Memorial Trust
- Mapetla High School
- Marist Brothers Linmeyer
- Trauma Resilience Workshop
- GTI Axis Summit
- Catalyst Development Training
- Breathing Space: Nomthunzi Foundation
- BreathingSpace: Parent Circle at Jeppe Girls
- Bophelo-Impilo School

Jeppe High Preparatory School

BreathingSpace is an experiential, interactive, learning circle designed for parents, guardians and caregivers who envision their children reaching their full potential and who wish to nurture love of life within the family. ecl hosted 4 1-day parent circle sessions at Jeppe Prep for 45 grade 4, 5, 6 and 7 parents. The dates of the workshops were:

- 13 August 2022
- 22 August 2022
- 22 October 2022
- 12 November 2022

The objectives of the workshops were to: experience support and how to work creatively

- increase our understanding of our family system
- enhance our children's self-esteem and wellbeing

- improve their readiness to learn



Parents expressed that they learnt valuable things from the tools ecl facilitators shared with them. The project is moving into phase 2, where parents will have the opportunity to assemble independently.

The Ruth First Jeppe Memorial Trust

The ecl equip mentorship program has developed and grown to 64 learners. This year our six-session program consisted of a full day skills-building session for the equip Mentors and a full day team building session for the mentees. Mentees would meet regularly with ex-Ruthies to discuss their challenges and to receive guidance during their time at the school. This year we focused on trauma resilience and connecting with each other.



The dates for the mentorship sessions were:

22 January 2022, 12 February 2022, 12 March 2022, 23 April 2022, 30 July 2022, 3 September 2022, 13 October 2022

BreathingSpace: Mapetla High School

ecl presented a parent circle workshop at Mapetla High school for five days, from the 27th June to the 1st July 2022. The objective of the circle was to support parents with difficulties they are experiencing at home with their children who are still learners and various family issues, etc. ecl wanted to equip parents with tools to use with their families, communities at large and to ultimately foster a network of parents who can start supporting one another in their communities.



The second set of trainings happened on the following dates:

- 3 September 2022
- 10 September
- 17 Sepetember
- 23 September
- 30 September

These are the issues that were addressed for five days that are significant:

- Drug abuse
- Alcohol abuse

- Sexual abuse/Rape
- Child abuse
- Gender based violence
- Unemployment
- HIV related issues
- Environmental issues/ overcrowding at homes
- Lack of support from families
- Single parenting

Parents felt empowered at the end of each workshop and expressed interest in partaking in additional parent circles moving forward.

Marist Brothers Linmeyer

On the 27th of June and the 5th and 11th of July, Raymond Nettmann ran an in-depth training with the teachers of Marist Brothers Linmeyer. The teachers were introduced to the 6 skills that can be utilised to return one back into the resilient zone. Those skills include *tracking, building resources, grounding, gesturing and spontaneous movement, help now and shift and stay*.

The first two days' focus was for the teachers to participate in activities that enabled them to actively engage with these skills. The purpose of this was to notice what happens within themselves, amongst each other and then imagine how it can be used to observe and respond to behaviours amongst learners in the classroom. There were also mini constellations where teachers would represent an element or person(s) in the classroom. For example, one teacher would represent a challenge within the classroom, another would represent the teacher in that classroom, another would represent the teacher's resource and another would represent the opposite of that persisting challenge ie, a "solution". This was to demonstrate how to map out and explore various complex scenarios that could occur in the classroom - where the best way forward would be uncertain.

The third day was dedicated to sharing more information about ecl and its practices as well as the theory behind nervous system regulation.



GTI Axis Summit

On the 13th of July Raymond Nettmann, Oliver Senne and Heaven Nen facilitated a Community of Practice (CoP) workshop both online and in-person at the Global Teachers Institute Axis Summit 2022. ecl's topic was: "Stepping into the Post-Pandemic Era: Connecting to an Emerging Future in Education."



The session was opened with an introduction to ecl, its history and its work, followed by the container to create a safe space for the delegates to engage in conversation. The delegates then participated in group discussions during which they identified the various learning challenges/demands in the classroom and at home post-pandemic. Raymond Nettmann facilitated a brief but effective constellation session in which the identified learning challenges and demands were mapped out. We thank GTI for this opportunity.

Trauma Resilience Workshop

On the 20th and 21st of June Rasada Goldblatt (a former ecl catalyst) and Raymond Nettmann ran a workshop on trauma and how it affects the nervous system. Two of the main objectives included learning simple, biologically-based skills to help individuals get back into balance in body, heart and mind; as well as to encourage individuals to integrate wellness skills into their everyday lives and the contexts in which they work. The group of participants consisted of therapists, coaches and social workers.



The workshop took place in the form of group, pair and individual work and discussions on the topic. Some group work involved one person representing a counsellor, coach or therapist where another would take on the role of a patient and the others would be the observers. A constellation also took place focusing on aspects of the nervous system specifically an irritation that throws one off balance and how a therapist might support the nervous system back to wellness.

Catalyst Development: Itsoseng, North West

Phase 1: After shortlisting 17 strong candidates from the ages 23+ for catalyst development, Monki ran a 2-day introductive training on the 6th and 7th of July.



Phase 2: From the 20 - 23rd of September & 20 – 22 November, ecl South Africa held its Catalyst Development Training for candidates from both the North West and Johannesburg. The participants were

introduced to the fundamental competencies required of ecl catalysts as well as the principles needed to understand the concepts of systemic work. Following that, more process work was done to form a plan of how to begin implementing ecl work in the community. The ultimate outcome imagined was for Itsoseng to create a deeper, healthier and stronger connection in the community. The project has entered phase 3, where the trainees are co-facilitating their own parent workshops under supervision.



Breathing Space: Nomthunzi Foundation

On November 19 & 20, Raymond Nettmann and Monki Makhoba led a workshop for parents. The aim was to offer socio-psychological support to parents of learners who are transitioning from underprivileged schools in Orange Farm to a more privileged one- as well as how to cope with the changes that come with it. Our group dealt with conflict resolution, resourcing and connecting to one another.



Breathing Space: Parent Circle Jeppe Girls

On Saturday, the 4th of February 2023, ecl hosted a parent workshop at Jeppe Girls. The group of 45 consisted of the grade 8,9 and 10 parents of the girls enrolled in the Ruth First Scholarship and Mentorship programmes. The day served as a great way to connect with and support these parents who aim to give their daughters full emotional support throughout their journey. The session's themes included: belonging, resourcing and building safe spaces to open conversations. The parents felt well advised and more equipped to tackle the year ahead.



Bophelo-Impilo School

On the 16th of February, Oliver Senne and Monki Makhoba ran a teacher circle at Bophelo-Impilo Community School in Johannesburg. Monki Makhoba approached the school to assist with emotional-creative learning aspects for teachers and non-teaching staff. She identified issues at the school when she attended a preceding parent meeting. The director of the school together with the school headmaster agreed that at minimum, 1 session must be conducted at the school. The first session was held with the non-teaching staff followed by the teaching staff.

Some challenges that came up amongst both groups included: disempowerment, feelings of tension, lack of effective communication and one of the most interesting, the sense of a loss of place in the school. Despite the intensity of many of the challenges mentioned within the circle, the teachers felt comfortable enough to open up - with many having hope for creating a system of belonging and long-lasting trust. They feel there is a lot to be achieved at the school but that when they begin working together, the issues raised can be resolved speedily. ecl's aim is to work more with this group to provide them with effective solutions.





ecl South Africa		
Annual Financial Statements for the year ended 28 February 2023		
Statement of Financial Position as of 28 February 2023		
Figures in Rand	2023	2022
Assets		
Current Assets		
Cash and cash equivalents	113 762	334 441
Total Assets	113 762	334 441
Equity and Liabilities		
Equity		
Retained income	113 762	334 441
Liabilities		
Total Equity and Liabilities	113 762	334 441
Statement of Comprehensive Income		
Figures in Rand Note(s)	2023	2022
Other income	229 239	343 840
Operating expenses	(449 918)	(213 956)
Operating profit (loss)	(220 679)	129 884
Profit (loss) for the year	(220 679)	129 884
Statement of Changes in Equity		
Figures in Rand	Retained Income	Total equity
Balance at 01 March 2021	204 557	204 557
Profit for the year	129 884	129 884
Balance at 01 March 2022	334 441	334 441
Loss for the year	(220 679)	(220 679)
Balance at 28 February 2023	113 762	113 762
Statement of Cash Flows	2023	2022
Cash flows from operating activities		
Cash generated from (used in) operations	(220 679)	129 884
Total cash movement for the year	(220 679)	129 884
Cash at the beginning of the year	334 441	204 557
Total cash at end of the year	113 762	334 441
Detailed Statement of Comprehensive Income		
Figures in Rand	2023	2022
Other income		
Sponsorships received	227 636	245 906
Other income	1 603	1 000
Jeppe Ruth Workshop		



School workshops		96 934
Total	229 339	343 840
Operating expenses		
Administration and management fees	67 500	54 500
Bank charges	1 887	1 402
Consulting fees	194 725	111 100
Rent paid	55 250	13 500
Other expenses	1 578	2 748
Printing and stationery	6 470	14 507
Telephone and fax	4 487	10 922
Teacher Training	118 021	2 970
Travel Expenses		2307
	449 918	213 956
Surplus (deficit) for the year	(220 679)	129 884