

We Salute

Our women of quality Our women making an impact Our women who care



#UFSWomen

THE BOUNCEBACKABLE WOMAN DON'T HOLD HER BACK

BEING A CARING WOMAN

TAKING CARE OF YOURSELF

Do you want to know how to take care of yourself to avoid burnout and fatigue?





TAKING CARE OF OTHERS

Do you want to make someone else happy by doing something small for them?



BE ON THE LOOKOUT FOR COMMUNICATION REGARDING THIS

An online pre-recorded workshop for you to watch on your own time and in your own space. Visit our website to watch this workshop:

.https://www.ufs.ac.za/supportservices/departments/hu man-resources

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UFS ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELL-BEING

Inspiring excellence. Transforming lives.