

FOUNDATIONS FOR LIFE & CRAFTING MY FUTURE

Transformed People, Uplifted to Impact Their World

NOTE: This Biblically based, Christ-centred programme is compulsory for all learners to attend before any Skills Programme at POPUP can be attended.

Programme Duration

- 20 days (compulsory attendance),
Monday to Friday 08:00 – 15:00.



Learners will learn to:

- Understand their God-given purpose and potential.
- Dealing with their original design and self-awareness.
- The salvation plan of Christ – Relationship vs. Religion.
- Emotional healing and forgiveness.
- Taking personal responsibility for choices as well as attitude in life.
- Developing self-knowledge through a personality assessment.
- Lust and addiction.
- Sexuality and relationships.
- Cultural Diversity.
- HIV and AIDS awareness, STD's and TB.
- Stress management and problem solving.
- Goal setting and future planning.
- Family Structure.
- Community involvement.

Skills Programme is available at:
POPUP SALVOKOP SOSHANGUVE centres.



SALVOKOP CENTRE
(012) 003 2008

SOSHANGUVE CENTRE
(081) 283 4400

 Popup (People Upliftment Programme)

 www.popup.co.za