



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

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COURSE BROCHURE

Client Empowerment And Self Sufficiency Skills Training

Business, Commerce and Management Studies / Generic Management

Unit Standard 115875 · NQF Level 5 · 12 Credits · 9 Days

COURSE OVERVIEW

This course empowers clients to take control of their own development and daily living by building self-sufficiency skills. Participants learn to identify personal goals, manage resources effectively, and make informed decisions, reducing dependency on external support systems.

Category	Business, Commerce and Management Studies
Subfield	Generic Management
Unit Standard	115875
Accreditation	SAQA Accredited · NQF Level 5 · 12 Credits
Duration	9 days
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply self-assessment techniques to identify personal strengths and areas for development.
- Analyze available resources and support systems to enhance self-sufficiency.
- Evaluate personal goals and develop actionable plans to achieve them.
- Implement strategies for effective decision-making and problem-solving in daily life.
- Demonstrate effective communication skills to advocate for personal needs and rights.
- Design a personal development plan that promotes long-term independence and resilience.

WHO SHOULD ATTEND

- This course is designed for individuals who receive support services and wish to develop greater independence, as well as caregivers and support workers who facilitate client empowerment.

COURSE OUTLINE

Day 1: Foundations of Client Empowerment

- Introduction to client empowerment and self-sufficiency.
- Key concepts: agency, autonomy, and capacity building.
- Ethical foundations and professional values.
- The South African socio-economic landscape and its impact on clients.
- Roles and responsibilities of the empowerment practitioner.
- Overview of the unit standard 115875.

Day 2: Understanding Client Needs and Strengths

- Strengths-based vs. deficit-based approaches.
- Tools for holistic needs assessment.
- Identifying personal, social, and environmental barriers.
- Communication skills: active listening, empathy, and rapport building.
- Case studies: applying assessment frameworks.
- Documenting client strengths and needs ethically.

Day 3: Building Client Agency and Decision-Making

- Techniques for enhancing client agency.
- Informed consent and shared decision-making.
- Goal setting using SMART criteria with client input.
- Problem-solving models and critical thinking exercises.
- Role-play: supporting a client to articulate their needs.
- Balancing support with non-directiveness.

Day 4: Developing Skills for Self-Sufficiency

- Essential life skills for self-sufficiency.
- Budgeting and financial literacy basics.
- Time management and planning tools.
- Navigating community resources and services.
- Building resilience: stress management and adaptive coping.
- Activity: creating a personal development plan.

Day 5: Empowerment Through Education and Information

- Principles of adult learning and health literacy.
- Rights awareness: clients' rights in South African service systems.
- Creating easy-to-understand educational materials.
- Using teach-back methods to confirm understanding.
- Case studies: empowerment through knowledge.
- Digital literacy and access to online resources.

Day 6: Advocacy and Systems Navigation

- Self-advocacy vs. practitioner advocacy.
- Steps in effective advocacy: planning, action, follow-up.
- Navigating social grants, healthcare, and housing systems.
- Building partnerships with community organizations.
- Role-play: client advocates for themselves in a meeting.

- Ethical considerations in advocacy.

Day 7: Supporting Sustainable Change and Relapse Prevention

- Stages of change model and sustainability.
- Identifying personal triggers and high-risk situations.
- Creating a relapse prevention plan.
- Building peer support groups and community connections.
- Monitoring and evaluation of client progress.
- Celebrating successes and learning from setbacks.

Day 8: Cultural Sensitivity and Inclusive Practice

- Cultural competence vs. cultural humility.
- Understanding diversity: race, gender, language, disability, and LGBTQ+.
- Adapting empowerment strategies to cultural contexts.
- Addressing unconscious bias and power imbalances.
- Case studies: culturally responsive practice.
- Inclusive language and accessible services.

Day 9: Integration, Reflection, and Action Planning

- Review of key concepts and skills.
- Creating a personal empowerment toolkit.
- Action planning for real-world application.
- Ethical dilemmas and peer consultation.
- Self-care for practitioners.
- Course evaluation and certification.
- Networking and support resources.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **12 NQF credits** at **NQF Level 5**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 35,000.00	R 35,000.00
1	In-House	R 45,500.00	R 45,500.00
1	On-Campus (Pretoria)	R 52,500.00	R 52,500.00

UPCOMING SESSIONS

Start	End	Method	Venue
03 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
03 Aug 2026	13 Aug 2026	On-Campus	Lagos, Nigeria
04 Aug 2026	14 Aug 2026	On-Campus	Johannesburg, South Africa
05 Aug 2026	17 Aug 2026	On-Campus	Mauritius
06 Aug 2026	18 Aug 2026	On-Campus	Cape Town, South Africa
07 Aug 2026	19 Aug 2026	On-Campus	Dubai, UAE
10 Aug 2026	20 Aug 2026	On-Campus	Abu Dhabi, UAE
11 Aug 2026	21 Aug 2026	On-Campus	Mauritius

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 115875) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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