

*Alone you go fast...  
together you go further*

# Ubuntu

## TEAM BUILDING



### TO MOVE YOUR TEAM-BUILDING INTO HIGH PERFORMANCE

In this day-long workshop, attendees examine the stages through which all relationships progress, then plot their current path as a team and plan their way forward. Monica addresses interpersonal and organizational conflict resolution, and weaves in discussion of tough issues in a safe and supportive environment.

*Ubuntu*, a spirit of cooperation and interdependence, is central to the day. No-one feels excluded or the pressure to participate – but everyone finds themselves laughing and loving the process!

**FEE:** includes workshop facilitation, materials, travel and accommodation

*everyone needs "a little bit  
of Monica in their lives"!*

Over the years, Monica Knight and Shosholoza! EDUtainment has provided team building programs and professional development training to a notable list of clients, including federal institutions, multinational corporations, private enterprises, teaching bodies, banks and credit unions, First Nations groups, statutory boards, and charitable organizations.

"Monica has been exemplary in her dedication to our organization regarding her expertise, knowledge and ongoing support throughout her journey with us."

– **Langis Bernier** Chief Health Services at Willow Cree, Grierson & Pe Sakastew, Correctional Service Canada



#### Monica Knight, Ph.D.

Dr. Monica Knight's career path has taken her from Europe to India and Africa and now Canada. She works in leadership and economic development to facilitate creative, and innovative collaboration. Monica's toolkit and real-life examples foster an entrepreneurial spirit and stimulate entrepreneurial initiatives. Monica is an entrepreneur, speaker, facilitator, motivator, teacher and consultant with **Shosholoza EDUtainment!**. She holds a Ph.D. in Education, a Masters in Leadership and Training, a Diploma in Education, and teaches at Vancouver Island University in B.C.

"Monica is one of the most creative teachers I have ever witnessed in my over 40 years in education. Her audiences/students always leave energized, invigorated and astounded at the experience."

– **Cyril Kesten**, Ph.D., Professor of Education, University of Regina



[www.shosholoza.ca](http://www.shosholoza.ca) | 250.802-4313 | [monica@shosholoza.ca](mailto:monica@shosholoza.ca)





# Ubuntu TEAM BUILDING

A SIGNATURE SHOSHOLOZA! FULL-DAY WORKSHOP  
YOU CAN ALSO CHOOSE FROM THESE SIGNATURE  
SHOSHOLOZA! PRESENTATIONS:

## DANCE TO THE BEAT OF YOUR OWN Drum

Women's Conferences  
Women's Groups  
Cultural Agencies  
Youth & Helping Professions

Through music, dance and her own brand of humour, Monica takes the audience on a magical mystery ride and exposes the personal beliefs that keep us clinging to safe routines, bad habits, and disempowering attitudes. Once she has 'shone a light' on the truth of who we are as human beings, she inspires participants to move forward in their lives by embracing change.

★ *Shosholoza is a South African folk song with a beat and chant that can be likened to the sound of a train moving ahead. It is a Zulu word meaning to push forward, endeavour or strive, and it evokes a sense of pride.*

## PENSION Passion AND Purpose

Seniors  
Retirees  
Olderpreneurs  
Women's Conferences

Whatever your current path or desire, Monica will take you on a magical roller coaster ride to explore the potential of the latest chapter in your life. Monica is an OLDERpreneur, university lecturer and grandmother living her dream out on Gabriola Island, BC. She focuses on the reality of age discrimination and then, through a combination of music, dance and laughter, shows how she shattered stereotypes and obstacles to turn her vision into reality.

★ *Monica gives 10 indicators of how pension, passion and purpose guide older adults and seniors to thrive. This is the most exciting time of our lives as we now dance to the beat of our own drums!*

## Diamonds ON THE SOLES OF YOUR SHOES

Women's Conferences

Are you looking for a rich look or exotic holidays, great wardrobe or stylish surroundings? Whatever you consider as "living the good life" is attainable NOW! Monica opens her closet of secrets – "when to save and when to splurge" in this hilarious high-energy presentation full of music, fun surprises, and inspiring stories from Thrift Stores to Safaris and Spas.

★ *"Diamonds" is inspired by earlier presentations: "Style on a shoestring", "Living the Good Life in The Paris of the Prairies", "From Johannesburg to Gravelbourg", and "Sisters are doin' it for themselves"..*

# Thrive IN A Tribe

Economic Development  
Small Towns  
Multi-Partner Organizations  
Entrepreneurship Training/  
Support

The secret for transition or complete transformation is simpler than most of us think... "it doesn't take big grants, the perfect idea or years of planning to kick start change." Using intrapreneurship, Monica illustrates what it takes to successfully launch an idea, a solution, or an economic activity and move it forward. Based on her PhD work and a proven track record, Monica skillfully weaves her presentation strategies for collaborative partners and groups to focus on common goals and realistic ACTION. This is the perfect opportunity for your community or organization to find its INSPIRATION, its SPARK, its FUTURE.

★ *Monica's concept goes to the heart of the South African roots of ubuntu: "alone you go fast; together you go further". Her successful, award-winning track record of following this path informed her Ph.D.*