

“My Wellness My Strength”

GIPF WELLNESS
BREAKFAST
SESSION

FRIDAY
29 SEPTEMBER
2023

NAMPOWER
CONVENTIONAL
HALL



8:10 am

Opening of the Event:
Getrude Xawes

8:15 am

Opening Prayer:
Mr Chrispin Matengu

8:20 am

Musical Performance

8:30 am

Acknowledgement and Welcoming:
Mr Onno Amutenya [Acting CEO/Principal Office]

8:40 am

Speaker 1:
Mrs Ellen Nghikembua [Topic- Bereavement & Trauma Counselling]

9:40 am

Musical Performance

9:50 am

Speaker 2:
Mrs C Menette [Topic: Stress & Anger Management, Absenteeism]

10:50 am

Closing Remarks:
Anselma Haushiku [General Manager Human Resources]

Musical Performance/Breakfast



GIPF

Government Institutions
Pension Fund