ISihlomelo 16: ISikhokelo Sodliwano-ndlebe lwe-SWIFT: Uthethathethwano

Ingxelo:

Molo apho. Enkosi ngokwenza ixesha lalomnxeba; ayiyi kuthatha ixesha elingaphezu kwemizuzu eyi-15. Siqaphele ukuba akhange ugqibe ukusebenza kwinkqubo ye-ParentText. Singathanda ukuva ngakumbi kancinci malunga namava akho, ukuze sibenethemba lokuphucula inkqubo.

Sizakube siwurekhoda lomnxeba wefowuni, ukuze sikwazi ukukhumbula iimpendulo zakho, kodwa igama lakho kunye neempendulo zakho sizakuzigcina ziyimfihlo kwaye ziyakujongwa kuphela liqela lophando. Emva kodliwano-ndlebe, irekhodingi izakubhalwa, okanye kubhalwe phantsi, emva koko lucinywe. Ulwazi olubhaliweyo luya kugcinwa ngokukhuselekileyo kwikhompyuta ekhuselekileyo. Ingaba ndinayo imvume yakho yokurekhoda udliwano-ndlebe?

Akukho zimpendulo zilungileyo okanye zingalunganga. Ungatsiba nayiphi na imibuzo oziva ungakhululekanga ukuyiphendula. Ungakwazi nokuyimisa lencoko nanini na ukuba uyafuna. Ukuba uthatha isgqibo sekumva sokuba ungathanda igalelo lakho lisuswe koluphononongo, ungaqhagamshelana neqela lophando nge-imeyile kude kube [ngumhla oza kumiselwa].

Uyayiqonda lento ndigqiba ukuyichaza? Ingaba unayo nayiphi na imibuzo? Singaqalisa?

1. Zeziphi izinto ocinga ukuba zikukhokelele ekubeni ungayigqibi inkqubo?
2. Ebenjani amava akho ngomxholo?

Buza: Phonononga ukufikeleleka komxholo

Buza: Phonononga umdla kumxholo

Buza: Ngowuphi umxholo engesiwengezile ukuphucula amava akho?

1. Ebenjani amava akho ngexesha kunye nedatha efunekayo ukuze ugqibe inkqubo?

Buza nge datha: Phonononga ukusetyenziswa kwe-Wi-Fi hotspots ekuhlaleni kunye nento ababeyisebenzisela ukunxulumelana ne-ParentText; phonononga ukulungiswa kokuhanjiswa komxholo umz. nokuba basebenzise iaudio/imiboniso kuphela.

Buza nge xesha: Phonononga isixa kunye nexesha lemiyalezo ethunyelwayo yi chatbot.

1. Ebesithini amava akho kwimisebenzi yasekhaya/ imisebenzi, kwaye uziva ngathi ibe nefuthe ekubeni uyigqibile inkqubo?
2. Ucinga ntoni malunga nesidingo senkqubo enje ngale ukunika inkxaso kubazali?
3. Yintoni engenye ongayicebisa siyenze ukuphucula lenkqubo?

Ingxoxo

Ingaba ikhona nantoni na esingakhange sithethe malunga nayo ongathanda siyazi? Ukuba emva kwalencoko, kukho nantoni na ekwenza ukuba ukhathazeke, khumbula usengafikelela kwiinkonzo zokuthunyelwa kwinkqubo ngokubhala 'nceda'. South African Depression and Anxiety Group (SADAG) inokuba lukhetho olulungileyo. Ukuba unayo nayiphi na eminye imibuzo malunga noluphononongo, usengasithumelela u-WhatsApp okanye i-imeyile.

***Sifikelele esiphelweni sodliwano-ndlebe lwethu***. ***Enkosi kwakhona ngokuthatha ixesha lokuthetha nathi namhlanje. Iimpendulo zakho zibe luncedo kakhulu!***