

## Be the BEST version of YOURSELF TM

## Program, based on the journey of

## **Nolan Pillay - CEO and Founder**

## **HUMAN RIGHTS EXERCISE - WEEK 1**

Understand YOUR Human Rights and know that we all have the same Human Rights. Let's work together on building our country and Africa.

Discuss OUR behaviour towards each other with work colleagues, friends and social circles. Start to appreciate everyone, irrespective of OUR race, religion or cultural backgrounds. Find solutions on how we as a country can, can learn to respect and treat each other like humans.				