Home page contents

BEGIN YOUR JOURNEY WITH US

Welcome to Empowering the Nation, where your path to a

brighter future starts today. Whether you’re a domestic

worker or gardener looking to elevate your skills, we are here

to help you unlock your full potential. Our hands-on training

programs are tailored to empower you with the knowledge,

confidence, and certification needed to stand out in the job

market. Join a community of learners who are transforming

their careers, one skill at a time. Take the first step—explore

our courses and begin your journey with us now.

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FEATURED COURSES

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Learn essential skills like cleaning,

cooking, and household management

with a focus on professionalism,

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receive a certificate recognized by

top employers, enhancing job

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FEATURED COURSES

DOMESTIC PROGRAM

PROFESSIONAL DEVELOPMENT

PROGRAM

Learn essential skills like cleaning,

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safety, and efficiency. Graduates

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View Classes

GARDENER’S ADVANCED SKILLS

TRAINING

Gain expertise in landscaping, plant

care, and eco-friendly gardening

techniques. This course not only

enhances your hands-on skills but

also teaches sustainable practices

that are in high demand. Certification

opens doors to more advanced roles

and better pay

View Classes

CHECK OUR DISCOUNTS !

SAVE UP TO 15%

Services page

FEATURED CLASSES

6 WEEKS COURSE

SIX MONTHS COURSE

First Aid

Fees: R1500

Purpose: To provide first aid awareness and basic life support

Content:

• Wounds and bleeding

• Burns and fractures

• Emergency scene management

• Cardio-Pulmonary Resuscitation (CPR)

• Respiratory distress e.g., Choking, blocked airway

Sewing

Fees: R1500

Purpose: To provide alterations and new garment tailoring services

Content:

• Types of stitches

• Threading a sewing machine

• Sewing buttons, zips, hems and seams

• Alterations

• Designing and sewing new garments

Landscaping

Fees: R1500

Purpose: To provide landscaping services for new and established gardens

Content:

• Indigenous and exotic plants and trees

• Fixed structures (fountains, statues, benches, tables, built-in braai)

• Balancing of plants and trees in a garden

• Aesthetics of plant shapes and colours

• Garden layout

Life Skills

Fees: R1500

Purpose: To provide skills to navigate basic life necessities

Content:

• Opening a bank account

• Basic labour law (know your rights)

• Basic reading and writing literacy

• Basic numeric literacy

Child Minding

Fees: R750

Purpose: To provide basic child and baby care

Content:

• birth to six-month old baby needs

• seven-month to one year old needs

• Toddler needs

• Educational toys

Cooking

Fees: R750

Purpose: To prepare and cook nutritious family meals

Content:

• Nutritional requirements for a healthy body

• Types of protein, carbohydrates and vegetables

• Planning meals

• Preparation and cooking of meals

Garden maintenance

Fees: R750

Purpose: To provide basic knowledge of watering, pruning and planting in a domestic garden.

Content:

• Water restrictions and the watering requirements of Indigenous and exotic plants

• Pruning and propagation of plants

• Planting techniques for different plant types

**About us content**

Welcome to the empowering, where we are dedicated to enhancing domestic workers' and gardeners' skills and opportunities. Founded in 2018, our mission is to be inspired by a deep-rooted desire to provide the same opportunities for growth and education unavailable to our founder’s family and community.

Based in Johannesburg, we offer comprehensive training programs to make our participants more marketable and competitive in the job market. Our six-month courses include first aid, sewing, landscaping, and life skills, while our six-week short courses cover child minding, cooking and garden maintenance.

At Empowering the Nation, we believe in empowering individuals to seek better employment opportunities and potentially start their businesses. We offer a range of courses with discounts for multiple enrolments, ensuring that our services are accessible and affordable.

Join us in transforming lives and communities through skill development and education.