



Follow the **Green Dot**

*No need to be blue ticked when you've got the **green dot!***

We're back with another awesome edition of FTGD. From Finding Your Purpose, celebrating Mental Health Month, busting Myths, having fun and rolling out new projects; this SUPER edition, will catch you up on all that's been going on in our space. This will be our last edition for the year, we will be back in February 2023. To all students writing year-end final exams, ALL THE BEST!



Finding Your **PURPOSE**

At Deloitte, we talk about **Purpose beyond Profit** which essentially relates to our drive that we believe in more than the bottom line.



As students, you may have experienced the journey whereby in your formative years most people have close family pushing them and encouraging you to achieve the world. Then you transition to school where most of you might have experienced teachers pushing you and giving you encouragement to achieve. When you move to varsity and then ultimately the workplace, however, often those voices become less. The onus tends to shift towards being responsible for managing yourself and your own time. So, what does it mean to have to manage yourself? We think it's about finding your drive, what motivates you and ultimately *your purpose*. We encourage you to spend time discovering your purpose if you have not already.

Some ideas to help:

1. Exercise: Often people resort to running or Yoga, for example, to clear your mind, focus on what you want to achieve and remind yourself to keep going.
2. Clear goals & quiet moments: Knowing where you want to be, being clear about it; see it in your mind clearly. Many people spend time visualising their life once they have achieved everything that they want. This practice helps with creating the drive to achieve.
3. Everyone has a story to tell: Sometimes to motivate ourselves we need to hear that what we want is possible. Listening to others and what they have achieved and how, can help with creating clarity on the path to follow in order to obtain success.

Your Mental Health Matters – **YOU MATTER!**

On 10th October, we commemorated World Mental Health day, a day which is commemorated globally for mental health education, awareness and advocacy against social stigma.

Mental health is something that has become a “hot topic” lately and rightfully so. With the impacts of life's stressors taking a heavier toll on people today- being vocal and bringing awareness to mental health helps people to realise that you are not alone and that the way you feel is validated.

As you veer into the last push of this year-year-end fatigue / burnout is a common theme that comes along with the last few months of the year. Ensure you put your mental health at the forefront as you enter into a highly stressful period. Remember to be kind to yourself and others and ask for help whenever you need it!

Not sure who to chat to? Reach out to one of our Campus Managers or Personal Relationship Officers for some motivation to get you through your final hurdle for the year!

You are not alone. A problem shared is a problem halved.



The world isn't perfect. You don't have to be.
Deloitte.com/wmhhd

#BUSTINGTHEMYTH about Breast Cancer

October marks breast cancer awareness month- this is your reminder to take care of yourself both physically and mentally. We're taking this opportunity to bust some myths around breast cancer.

Myth: Only females can be diagnosed with breast cancer

Fact: Although breast cancer is most commonly found in women, men can get breast cancer too, albeit very rare

Myth: Most breast cancers run in families

Fact: Only about 5%-10% of breast cancers are thought to be hereditary. Lifestyle and environmental factors play a role in breast cancer risk.

Myth: There is nothing you can do to lower your risk of developing breast cancer.

Fact: As mentioned above, lifestyle and environmental factors play a role in breast cancer risk. Therefore, to keep your risk as low as possible, maintain a healthy weight, exercise regularly and read some of our tips above for a balanced lifestyle.

Myth: Finding a lump in your breast means you have breast cancer

Fact: Only a small percentage of breast lumps turns out to be cancer but, if you do discover a persistent lump in your breast- it should never be ignored.

Want to get yourself checked out? We've put together a list of places/ initiatives where you can get checked out:

- PinkDrive: an initiative that pride themselves on the vision to provide a free women's health service to the medically uninsured. Be sure to check out their website for a calendar of upcoming drive.
- CANSA: The Cancer Association of South Africa offers a Breast Cancer Clinical Breast Examination which is a physical and visual examination of the breast by a trained, professional nurse to detect abnormalities.
- Screening and Self-Examination: Conduct regular self-examinations and go for regular medical check-ups. This could assist with early detection.



Deloitte Annual Hug Events

Over the last few months we hosted our first in-contact Hug events since 2019. From Namibia, to Free State, North West, Port Elizabeth, Gauteng and Cape Town. If we haven't made it to your campus / region this year, we hope to see you early in the new year. These events are held for all our signed students and used as an opportunity to network with other Deloitte signed students, **Audit Graduate Recruitment** team, as well as our business trainees, managers and partners. Feeling the FOMO? Don't worry, you can be part of our next Hug event/s >>> #JoinDeloitte Today! Applications are open all year round.

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(Click on the link above to contact the Audit Graduate Recruitment team)



CA Of The Future

This year, Deloitte kicked off an exciting “**CA of the Future**” pilot project with the University of the Western Cape. The first year BCOM Accounting students were tasked to transform a manual business process using digital tools, innovation and critical thinking skills. This project was underpinned by the CA2025 competencies that SAICA requires all “**CAs of the Future**” to exhibit in order to be ready for the ever-changing world of work. We would like to extend a huge congratulations to everyone who participated in this project. A special congratulations to our winners. We hope to roll this project out to other universities too – so keep a look out.

Your campus may be next!



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