



Training and Employee Services

NICRO is a South African non-profit that was established in 1910. We specialise in crime and violence prevention, and also make our expertise available to the business and for-profit sector.

NICRO provides in-person training for businesses and employees. We offer a selection of topics that address problem or risky behaviour, and which support mental and emotional wellbeing.

Clients

Our clients include Milnerton High School, Tiger Brands, SanParks, the National Prosecuting Authority, Pepkor, The Taj Hotel and 12 Apostles Hotel.



Custom Training

NICRO is available to develop customised training on request.

Training Costs

Training fees range from R650 to R850 per person per day, depending on whether catering and venue hire is required.

Group Sizes

Group sizes are between 15 and 20 people.

Educational Workshops

NICRO can provide large group one-hour workshops on topics including substance abuse, mental and emotional wellbeing, anger management, and conflict resolution. Custom workshops can also be arranged.

Additional Therapeutic Services

NICRO provides in-person and virtual individual counselling and therapy services

Contact Us

For more information about specific services and to obtain a quote, please contact Magda Reynolds at magda@nicro.co.za.

To learn more about NICRO, visit www.nicro.org.za.

The Lionheart Programme

Lionheart is a 15 session psychoeducational programme for men. It covers topics such as:

- Advantages and disadvantages of being a man
- Gender stereotypes
- Consent and boundaries
- Toxic relationships
- Developing self-awareness
- Respect
- Cultural issues
- Emotional regulation
- Conflict resolution.

The Parenting Programme

The Parenting Programme is a nine session programme that equips caregivers with the skills and knowledge they need to use positive parenting methods. Topics include:

- The role of the caregiver
- Valuable parenting skills
- The different developmental stages of children
- The caregiver – child attachment
- The basics of positive parenting
- Understand how to apply rules, boundaries and consequences, and manage difficult behaviour.

The Anger Management Programme

The Anger Management Programme is a ten session programme that developing and strengthening anger management skills. Topics covered include:

- Self awareness: becoming the person I want to be
- Communication skills
- Tolerance and respect: the basics
- Problem-solving and decision-making
- Goal setting and motivation
- Anger management methods and strategies.

Other Topics

- Substance abuse
- Resilience development
- Stress and anxiety management
- Driving and alcohol consumption
- Trauma sensitivity training
- Conflict resolution.
- Trauma Debriefing
- Counselling