

CAAB OFFERS EMOTIONAL SUPPORT TO STAFF AMIDST COVID-19

The COVID-19 pandemic has had a massive impact on mental health as people struggle to cope with so much uncertainty and turmoil. The silver lining is that organizations, such as Civil Aviation Authority of Botswana (CAAB) have stepped up efforts to focus on the wellbeing of its employees. The Authority has engaged a renowned Motswana Counsellor Dr Gloria Maseko to provide counselling to all staff members to help cope with stressful situations brought by COVID-19.

The motivation behind engaging a professional counsellor, according to the Authority is to provide psychosocial support to employees as they grapple with lives altered by COVID-19 pandemic. In addition, it has been realized that during the past Lockdown, cases of Gender Based Violence has increased in the country. Therefore, it was important for CAAB as a caring employer, to offer emotional support that extends to the home, and recognises the impact of family members on staff.

The counselling sessions kicked off on the 3rd September 2020 at PG Matante Airport in Francistown, and covered all Airports, and Head Office . The sessions were held in observance to COVID-19 protocols.

In her presentation, Dr Maseko noted that people have talents which are unrelated to their professional work but can be used to create multiple streams of income, thereby negating the fear of financial crisis in households. She further took participants through different stages of grief to highlight how others deal with emotions and why there is need to practice patience with them. Most importantly Dr Maseko advised against letting opinions of others weigh down one's ambitions.

At the end of each session, there was a noticeable positive impact on the participants as some opened and shared their renewed perspective on different issues. The group counselling is expected to run on a quarterly basis. One-on-one counseling sessions are offered to employees and their families.

Ends -