



## **Ngenxa yokuba umzimba wakho ufanelwe yingqalelo efanayo oyinika wonke omnye umntu.**

- ✔ Qondisisa kusapho lwakho/Ngena nosapho lwakho.
- ✔ Uqondisisa nomsebenzi/ Ungena nomsebenzi.
- ✔ Uqondisisa namaqela akho e WhatsApp/Ungena namaqela akho e-WhatsApp.



## **Kodwa ugqibele nini ukujonga umzimba wakho?**

Abantu abaselula bafunyaniswa benomhlaza rhoqo. Iimpawu ezininzi zifihlakele. Uninzi lwazo kulula ukungaziseli so. Ngokukodwa kubantu abaselulula (abangaphantsi kweminyaka engama-50).

**Esi sikhokelo senzelve ukukunceda ujonge iimpawu umzimba wakho onokukunika zona.**

## **✔ UKUHLOLWA KWEBELE**

### **Ukuqaphela utshintsho. Ukwazi isiqhelo sakho.**

Umdlaza webele uhlala ungowona mdlaza obonwayo oxhaphakileyo kwihlabathi liphela. Izigulana eziselula zihlala zijongene nokulibaziseka kokuxilongwa ngenxa yokuba iimpawu zingahoywa okanye ziithathwa ngokuba zibangelwa luxinzelelo lwengqondo, iihomoni, okanye ukuncancisa ibele.

Elona xesha lilungileyo lenyanga lokujonga amabele akho lixhomekeke ekubeni unawo na umjikelezo wokuya exesheni.

### **Ukuba unexesha lokuya exeshani enyangeni**

Elona xesha lifanelekileyo likwiintsuku ezimbalwa emva kokuphela kwexesha lakho, xa amabele akho enciphile ukuqina, ukudumba, okanye ukuba namaqhuma.

Eli xesha liyacetyiswa kuba utshintsho lwehomoni ngexesha lomjikelelo wakho lunokwenza amabele akho avakale ngokwahlukileyo, nto leyo enokwenza ukuba kube nzima ukubona utshintsho lokwenyani.

### **Ukuba ukwisigaba sokuyeka ukuya exesheni okanye awuyi exesheni rhoqo**

Khetha usuku olunye olungaguququkiyo nyanga nganye (umzekelo, i-1 okanye i-15th) uze ujonge amabele akho kwangolo suku lunye rhoqo ngenyanga.

### **Ukuhlolwa kwebele kuthetha ukunikela ingqalelo kwi:**

- Iqhuma elitsha ebeleni okanye ekhwapheni.
- Ukuqina kwesifuba okanye ngaphantsi kwengalo.
- Ukukhukhumala ebeleni okanye ekhwapheni.
- Utshintsho kwimilo yebele okanye ubungakanani.
- Utshintsho lolusu:  UKuba nezivotho  Ukuntshwanya  Ububomvu  Ukudumba
- Utshintsho lweengono:  Ukutshona  Ukukhupha (ngakumbi igazi)  Ukuba namaqweqwe
- Intlungu evakala ingaqhelekanga okanye engapheliyo.
- Nantoni na evakala ukuba "ayifani nesiqhelo sakho".

Uyawazi kakuhle umzimba wakho. Ukuba kukho into evakala yahlukile, themba iimvakalelo zakho, ngakumbi ukuba utshintsho luqhubeka ngaphezu kweeveki ezimbalwa.



## UKUHLOLWA KWEDLALA LENGQULA

### Ukuqaphela ukudinwa, utshintsho lobunzima, kunye nokudumba kwentamo.

Iimpawu zedlala lengqula zihlala zingahoywa zithathwa ngokuba "luxinzelelo lwengqondo nje," "iihomoni nje," okanye "kukudinwa nje." Kodwa umhlaza wedlala lengqula ufuyaniswa usanda kulutsha oludala, kwaye ukufuyaniswa kwangethuba kwenza umahluko omkhulu kwimpumelelo yonyango.

#### Into ekufuneka uyikhangele:

- Ukudinwa okungapheliyo okungabingcono naxa uphumle.
- Ukutyeba okanye ukubhitya okungenankcazelo.
- Ukudumba okubonakalayo okanye okuvakalayo entanyeni.
- Utshintsho lwelizwi okanye uburhabaxa obungapheliyo.
- Ubunzima ekuginyeni.
- Imvakalelo yoxinzelelo entanyeni.



## UKUHLOLWA KWAMADLALA ENTAMO

### Ukuqonda iintlungu zamathambo, amatye ezintso, kunye notshintsho lweemvakalelo.

Amathumba amadlala entamo angabangela amanqanaba aphezulu ecalcium, achaphazela umzimba wonke. Iimpawu zihlala zibonakala zingahambelani, nto leyo eyenza kube lula ukuyiqonda ngendlela engeyayo.

#### Into ekufuneka uyikhangele:

- Iintlungu zamathambo okanye iintlungu zamathambo ngokubanzi.
- Ukudinwa okungapheliyo.
- Amatye ezintso aphindaphindayo.
- Ubuthathaka bemisipha.
- Isimo sengqondo esiphantsi, ukucaphuka okanye ukuxhalaba.
- Ukunxanwa ngokugqithiseleyo okanye ukuchama rhoqo.
- Ukuphazamiseka kwengqondo okanye ubunzima bokugxila.



## UKUHLOLWA KWETHUMBU ELIKHULU

### Ukuqaphela utshintsho lwamathumbu kunye nokwazi ukuba ungalufunua nini uncedo.

Umhlaza wethumbu elikhulu ukhula kakhulu kubantu abangaphantsi kweminyaka engama-50. Uninzi olutsha oludala luyalibazisa ukufuna uncedo kuba lukholelwa ukuba umhlaza wethumbu elikhulu "sisifo somntu omdala."

#### Into ekufuneka uyikhangele:

- Utshintsho olungapheliyo kwimikhwa yamathumbu:  Urhudo  Ukuqhinwa  Okanye zombini
- Ukopha kwe-ezimpundwini okanye igazi kwilindle.
- Imvakalelo engemmandanga esiswini okanye iintlungu.
- Ukubhitya okungenankcazelo.
- Ukuvakalelwa ngathi amathumbu wakho awakhuphi ilindle ngokupheleleyo.
- Ukudinwa okubangelwa ngamanqanaba asezantsi e-iron.



## UKUHLOLWA KWEZICUBU EZITHAMBILEYO.

### Ukuqwalasela amaqhuma kunye nezingqi ezi phantsi kwesikhumba.

Amathumba ezicubu ezithambileyo anokwenzeka naphi na emzimbeni, kubandakanya ingalo, imilenze, umqolo, isisu nangaphantsi kwesikhumba. Inkoliso yamaqhuma ayinabungozi, kodwa amanye afuna unyango, ingakumbi xa ekhula, eguquka okanye evakala engaqhelekanga.

Ukuhlolwa kwezicubu ezithambileyo kukunceda uqaphele utshintsho kwangethuba, endaweni yokungazihoyi uzithatha "njengokwenzakala uzivocavoca," "njengethunjana nje," okanye "amanqatha nje."

#### Into ekufuneka uyikhangele:

- Iqhuma elitsha.
- Iqhuma elikhulayo.
- Iqhuma elivakala liqinile, linzulu, okanye lizinzile (alishukunyiswa ngokulula).
- Iqhuma elikhulu ngaphezu kwe-2cm (malunga nobukhulu bediliya).
- Iqhuma eliba buhlungueliqinayo okanye elishushu.
- Iqhuma elibuyayo emva kokukhutshwa okanye ukunyangwa.
- Iqhuma elibangela ukuba ndindisholo, ukutywebeka, okanye ubuthathaka kuloo ndawo.
- Iqhuma elivela emva kokulimala kodwa elingapheliyo.



## UNGALUFUNA NINI UNCEDO

Ukukhangelwa ayikokuxilongwa; ngumzuzu wokuqonda. Ukuba uqaphela uphawu olutsha, oluqhubekekayo, okanye oluxhalabisayo, qhagamshelana nathi.

**021 930 2662 / [info@apffelstaedt-hoosain.com](mailto:info@apffelstaedt-hoosain.com)**

