



MISSION

SGA is dedicated to supporting sustainable safety and security for our customers and the community by providing the best security solutions founded in our people, innovation and our commitment to social responsibility.

VISION

To be the integrated security solutions provider of choice through exceptional quality, personnel, integrity, innovative systems and customer relations in the African Region.

SGA will be a safe and secure place where our employees feel proud and are empowered and dedicated to do a professional job. SGA serves its customers with quality, discipline, loyalty and integrity.

VALUES

08 ATE Seminar - Dodoma



■ International Mining Expo in Geita



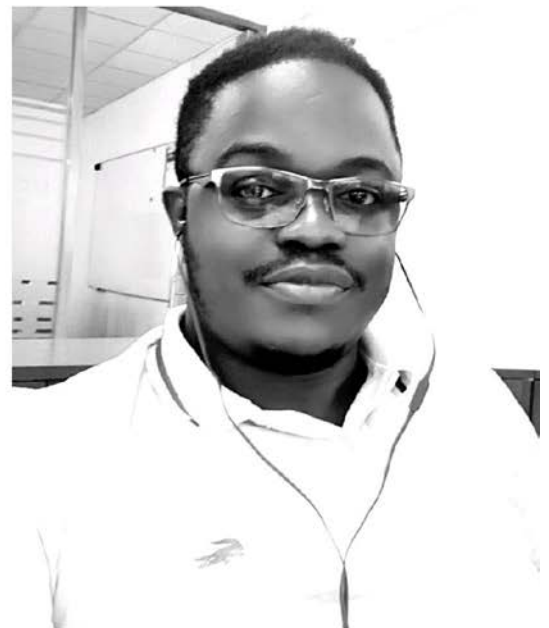
■ Barrick Bulyanhulu & Northmara



30 Security Control Room

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■ From the Desk of the Group IT Manager



► Message from MD's Desk



Colleagues,

we have ended Q3 well and starting the last quarter in earnest. We have recorded a good safety record in this quarter, and this is commendable. We also went through the Integrated Management System audit (ISO 9001:2015, ISO 14001:2015 and ISO 45001:2018). The team handled the observations, and the consolidated certificate has been issued. This follows the completion of the surveillance audit for ISO 18788:2018 in August. It is impressive that we have sustained the requirements of all these standards in all our operations.

Another notable achievement is the completion of the first three months of incident-free operations at the new mining assignment we took over at the start of July. This is impressive given the challenges surrounding the location. I commend the teams on the ground for this great achievement and urge them to keep up the efforts.

In the business environment, we have seen an increase in fuel prices and general inflation – prices of goods rising. The shilling is losing against the US Dollar, making some of the imported services and goods expensive. These changes threaten our bottom-line given that it is hard to transfer these to the customers, more so after undergoing the price reviews at the start of the

year. Whereas these factors are not within our control, it remains our problem and we have to find solutions. To reduce its impact, we have to review our processes and see that we save every shilling we can by optimizing our operations. This calls for concerted efforts and I count on each one of us to be innovative and creative in delivering our services. We need to assure our customers of quality services as well. This will assure us of longevity of our business partnership. I wish you all the best in Q4. We need to end it on a high note to deliver the budget expectation and hence enter 2024 on a great footing.

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We participated in the International Mining Expo in Geita at the end of September. It was an impressive outing and the team on the ground did a spending job. This was equally awarded by the organisers and a trophy presented to us. This may be the start of the many recognitions to come as we enter into the season of awards. We hope for the best. The experience brought us closer to the stakeholders and more so, our customers and potential customers in the mining sector.

Count on my support as always.

Yours team leader,

Eric Sambu



➤ International Mining Expo in Geita



Zanzibar's 2nd Vice President, Hon. Hemed Suleiman Abdulla, who was the Chief Guest during the closing ceremony of the International Mining Expo in Geita waves at SGA Team in their stand during his inspection tour.



Hon Anthony Mavunde, the Minister of Minerals, listens to explanation from SGA's Sales Team during the Geita International Mining Expo in September in Geita during his visit to the SGA Stand.



Hon Anthony Mavunde, the Minister of Minerals, receiving gift hamper from SGA's Sales Team during the Geita International Mining Expo in September in Geita during his visit to the SGA Stand



Hon. Fatma Hamad Rajab - Secretary General of the Ministry of Information, Youth, Culture and Sports-Zanzibar, getting explanation from Flora Phanuel about SGA.



GGM's MD, Mr Terry Strong, visiting SGA's stand at the mining Expo.



GGM's MD, Mr Terry Strong, signing visitors' book at the SGA's stand at the mining Expo.



MD, Eric Sambu, handing over a gift hamper to Coordinator of Reserve Military of Geita Region.



GEITA Regional Police Commander, ACP Safia Jongo, joining SGA in their stand at the Geita International Mining Expo.



Sale team posing for a photo with the MD during his visit to the stand at Geita International Mining Expo.



GGM's Security Manager, Machira Suleiman (Centre) handing over trophy to SGA team during the mining expo



MD, Eric Sambu, celebrating with sales team after receiving award from the International Mining Expo.



SGA Mining Security Guards standing in front of SGA Booth at the mining Expo.

➤ ATE Seminar - Dodoma

ATE held employers' seminar at Morena Hotel, Dodoma, during the month of September. SGA was represented by Njopilay Millinga.



➤ Barrick Bulyanhulu & Northmara



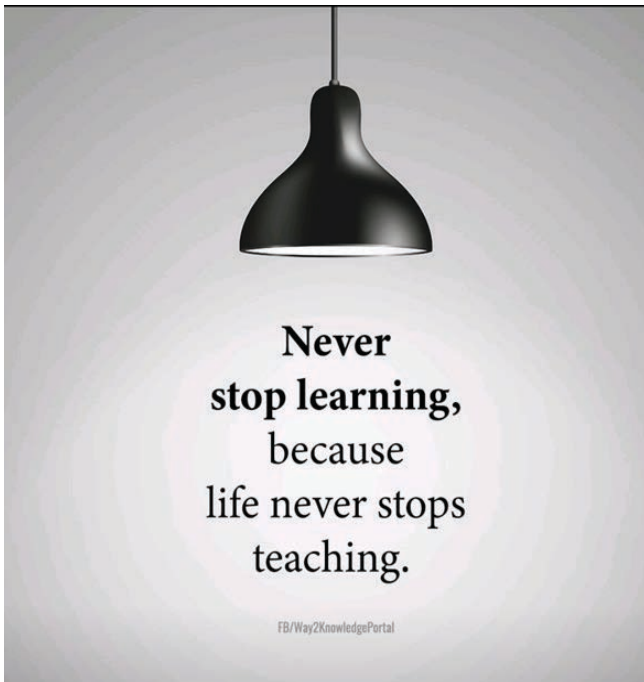
MD, Eric Sambu, addressing security officers at Barrick Bulyanhulu at the end of the first three months on site. With him is the Site Security Manager, Moses Mahenge.

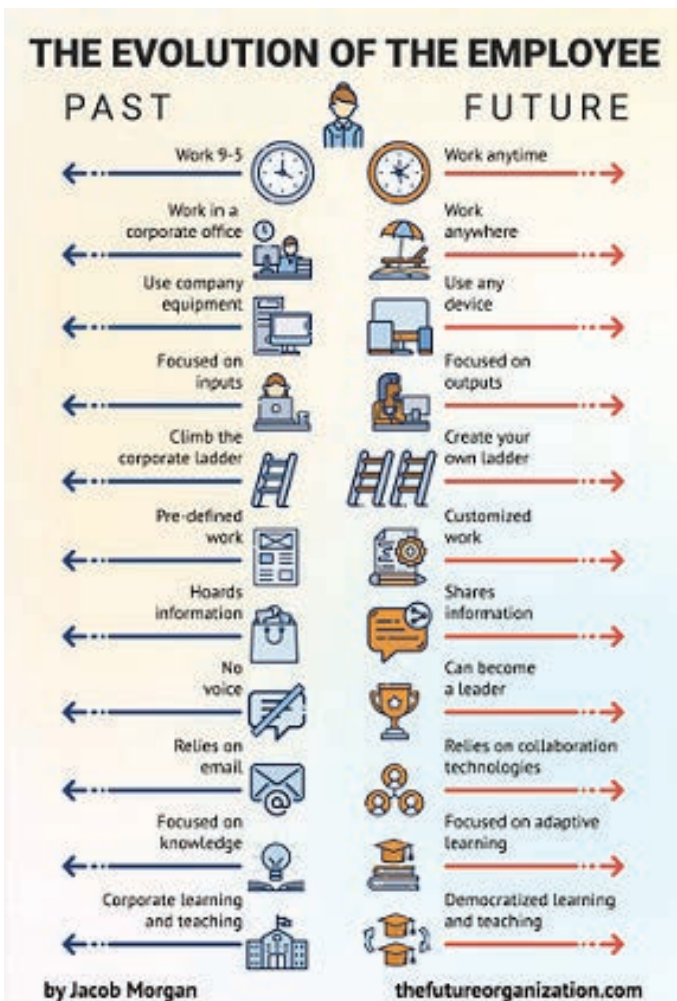
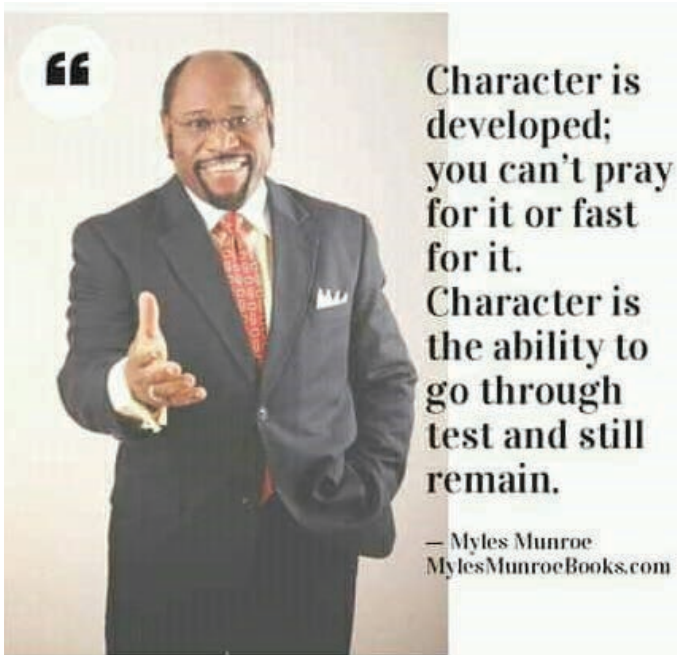


Security officers listen to what SGA Managing Director Mr. Eric Sambu tells them at Barrick Bulyanhulu.



Uongozi wa SGA kwenye Mgodi wa North Mara walitembelewa na Operation commander kanda maalum ya Tarime Afande Kajianante na kufanya masungumzo kuhusiana na operesheni eneo la mgodi wa Barrick. Kwenye picha ni Victor Gaudence na Aboubakar Saleh.



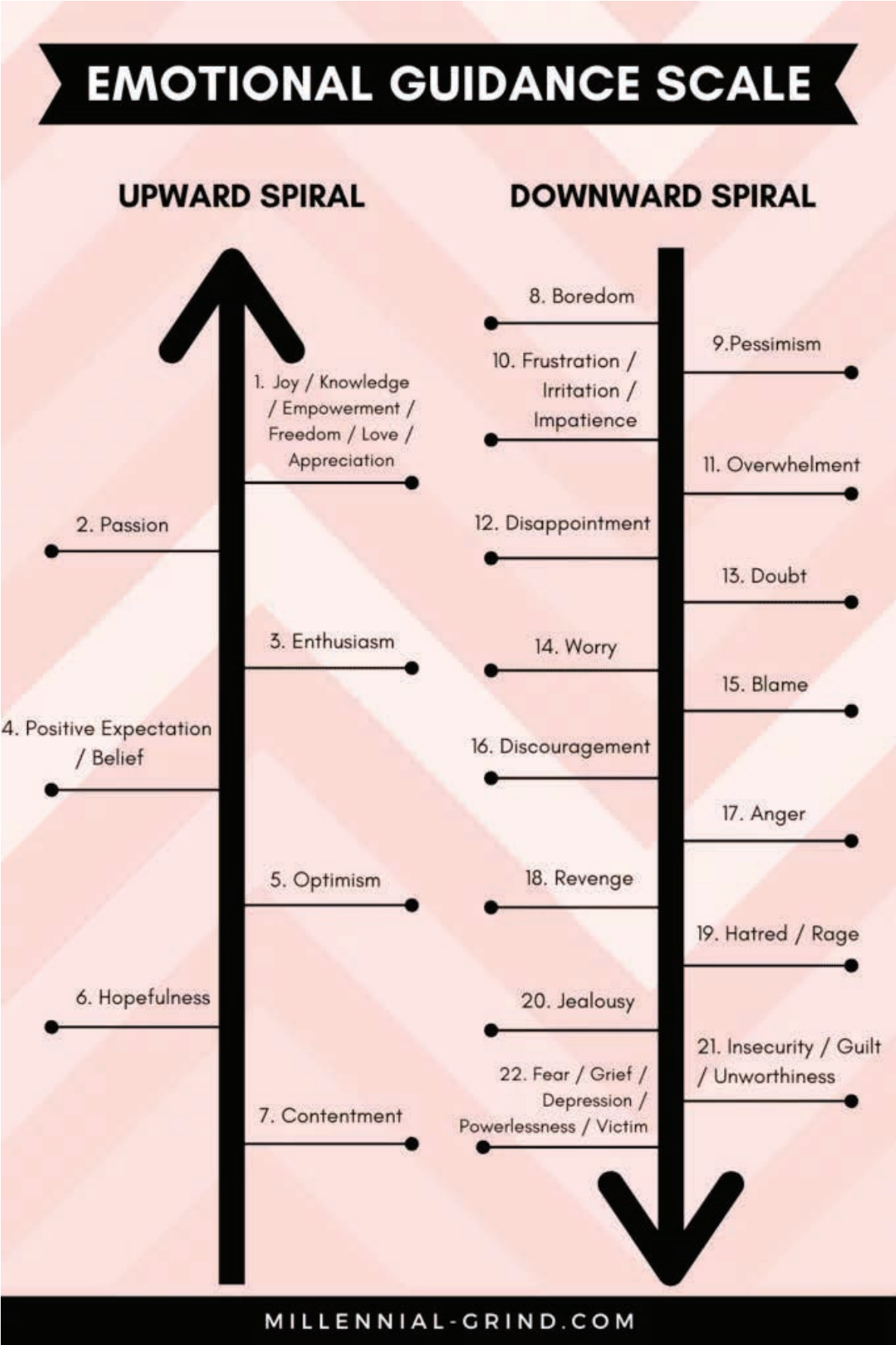


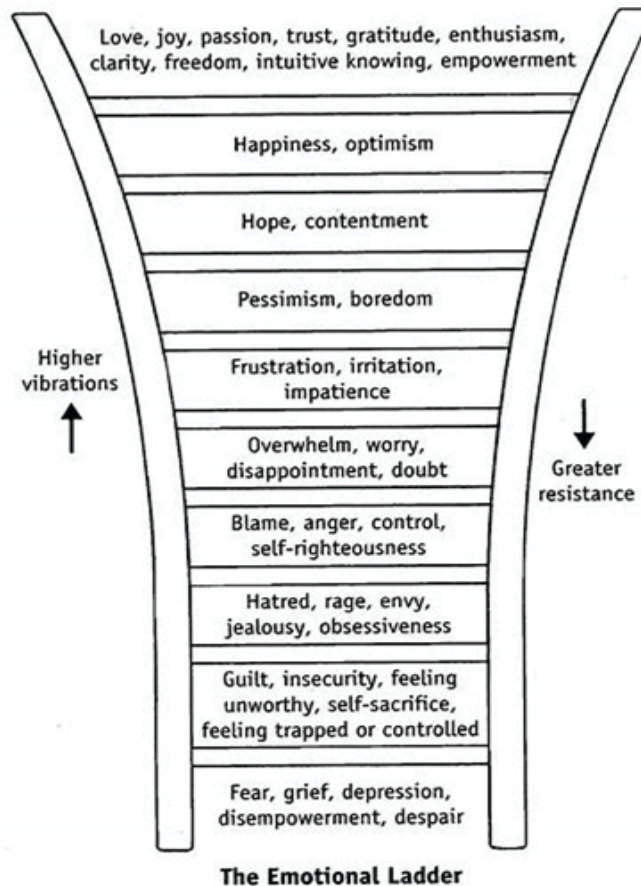
ANGER LADDER CHART

The different levels of anger



Provided by PlayAttune.com





➤ 5 THINGS THAT CAN KILL YOUR DREAM

1. Fear

Fear is one of the most significant obstacles that can stop people from pursuing their dreams. Fear of failure, fear of the unknown, fear of rejection, fear of what others might think - all these fears can hold you back and prevent you from taking risks or stepping out of your comfort zone.

2. Lack of Focus

If you don't have a clear idea of what you want to achieve, it's difficult to work towards that goal. Without a specific target in mind, you might find yourself wandering aimlessly and lacking the drive to take action.

3. Negative Self-Talk

The way you talk to yourself can have a profound impact on your ability to pursue your dreams. If you're constantly telling yourself that you're not good enough, or that you'll never make it, you're likely to lose motivation and give up on your aspirations.

4. Lack of Perseverance

Achieving your dreams often requires hard work, dedication,

and perseverance. If you give up too easily when faced with setbacks or obstacles, you may struggle to make progress towards your goals

5. Lack of Support

Having a strong support system can make a big difference in your ability to achieve your dreams. Surrounding yourself with people who encourage and believe in you can give you the confidence and motivation to keep working towards your goals, even when things get tough.

➤ Refreshing African Proverbs

Top 20 African Proverbs and their meaning.

1. Only a fool tests the depth of a river with both feet.

Meaning: Don't jump into any situation without thinking about it first.

2. The strength of the crocodile is in the water.

Meaning: You are stronger in your environment than anywhere else

3. Knowledge is like a garden: If it is not cultivated, it cannot be harvested

Meaning: You have to learn and seek for knowledge if you want to be knowledgeable.

4. The best way to eat an elephant in your path is to cut him up into little pieces.

Meaning: You can solve any problem by facing it one step at a time

5. When a handshake passes the elbow, it becomes another thing.

Meaning: Be Mindful when unfamiliar people becomes too acquainted.

6. He who wants to eat out of the rock must not look at the edges of his axe.

Meaning: If you want to be successful, be prepared to make sacrifices.

7. A farmer does not clear the bush and expect the grass to dry Immediately.

Meaning: Patience is essential in everything you do in life.

8. The insect that eats kola nut is right inside the leaf.

Meaning: Your enemy is always closer to you than you think.

9. You do not lend your knife to another person when your yam is on the fire.

Meaning: Satisfy yourself first before thinking of others.

10. You cannot climb the ladder of success with your hands in your pocket.

Meaning: You have to work hard in order to be successful.

11. A child, who says his mother will not sleep, will also stay awake.

Meaning: Your action and inaction will always affect you.

12. Restless feet may walk into a snake pit.

Meaning: Anyone who is busy doing nothing can easily get into trouble.

13. A roaring lion kills no one.

Meaning: You can not achieve anything by just talking about it.

14. He who drags a goat to the market also finds himself in the market.

Meaning: Anyone who is trying to tarnish the image of

another person will also tarnish his/her image.

15. Rain beats the leopard's skin but it does not wash out the spots.

Meaning: You can not change a person true character, no matter how hard you try.

16. You do not teach the paths of the forest to an old gorilla.

Meaning: Respect and listen to your elders.

17. He who is bitten by a snake fears a lizard.

Meaning: You should be very careful of any situation that has hurt you before.

18. The battle of grasshoppers is a feast for the hawks.

Meaning: If you are not united, you open doors for attacks

19. Do not call the forest that shelters you a jungle.

Meaning: It's foolish to insult anyone that you depend upon for survival

20. No matter how hot your anger is, it cannot cook yam.

Meaning: Anger is not always a solution.

I rest my case. Let those who have ears hear and eyes see.

➤ 10 Ground Rules for Meetings

1 Show up on time and come prepared

Be prompt in arriving to the meeting and in returning from breaks.
Be prepared to contribute to achieving the meeting goals.
Come to the meeting with a positive attitude.



2 Stay mentally and physically present

Be present, and don't attend to non-meeting business.
Listen attentively to others and don't interrupt or have side conversations.
Treat all meeting participants with the same respect you would want from them.

3 Contribute to meeting goals

Participate 100% by sharing ideas, asking questions, and contributing to discussions.
Share your unique perspectives and experience, and speak honestly.
If you state a problem or disagree with a proposal, try to offer a solution.

4 Let everyone participate

Share time so that all can participate.
Be patient when listening to others speak and do not interrupt them.
Respect each other's thinking and value everyone's contributions.



5 Listen with an open mind

Value the learning from different inputs, and listen to get smarter.
Stay open to new ways of doing things, and listen for the future to emerge.
You can respect another person's point of view without agreeing with them.

6 Think before speaking

Seek first to understand, then to be understood.
Avoid using idioms, three letter acronyms, and phrases that can be misunderstood.
It's OK to disagree, respectfully and openly, and without being disagreeable.

7 Stay on point and on time

Respect the groups' time and keep comments brief and to the point.
When a topic has been discussed fully, do not bring it back up.
Do not waste everyone's time by repeating what others have said.



8 Attack the problem, not the person

Respectfully challenge the idea, not the person.
Blame or judgment will get you further from a solution, not closer.
Honest and constructive discussions are necessary to get the best results.

9 Close decisions and identify action items

Make sure decisions are supported by the group, otherwise they won't be acted on.
Note pending issues and schedule follow up meetings as needed.
Identify actions based on decisions made, and follow up actions assigned to you.

10 Record outcomes and follow up

Record issues discussed, decisions made, and tasks assigned.
Share meeting reports with meeting participants.
Share meeting outcomes with other stakeholders that should be kept in the loop.



MeetingSift

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➤ 50 GOLDEN RULES FOR LIFE.

1. Never shake hands at anyone without standing up.
2. In a negotiation, never make the first offer.
3. If they trust you a secret, keep it.
4. If they lend you a car, return it with a full tank.
5. Do things with passion or don't do it at all.
6. When you shake your hand make it firm and look that person in the eye.
7. Live the experience of traveling alone.
8. Never turn down a peppermint pill, the reasons are obvious.
9. Take advice if you want to grow old.
10. Come eat with the new person at school/office.
11. When you text someone and you're angry: finish, read it, delete it, and rewrite the message.
12. At the table you don't talk about work, politics, or religion.
13. Write your goals, and work on them.
14. Defend your point of view but be tolerant and respectful to others.
15. Call and visit your relatives.
16. Never regret anything, learn from everything
17. Honor and loyalty must be present in your personality.
18. Don't lend money to someone you know won't pay you back.
19. Believe in something.
20. Tend your bed when you wake up in the mornings.
21. Sing in the shower.
22. Care for a plant or a garden.
23. Keep an eye on the sky every chance you get.
24. Discover your skills and exploit them.
25. Love your job or leave it.
26. Ask for help when you need it.
27. Teach someone a value, preferably a small one.
28. Appreciate and thank the one who extends your hand.
29. Be kind to your neighbors.
30. Make someone's day happier, it will make you happier too.
31. Compete with yourself.
32. Treat yourself at least once a year.
33. Take care of your health.
34. Always greet with a smile.
35. Think fast but speak slow.
36. Don't talk with a mouth full.
37. Polish your shoes, cut your nails, and always keep a good look.
38. Don't put your opinion on issues you don't know.
39. Never mistreat anyone.
40. Live your life as if it were the last day of it.
41. Never miss a wonderful opportunity to remain quiet.
42. Recognize someone for their effort.
43. Be humble, even though not all the time.
44. Never forget your roots.
45. Travel when you can.
46. Give up the step.
47. Dance in the rain.
48. Seek your success without giving up.
49. Be fair, stand up for those who need you.
50. Learn to enjoy moments of loneliness.

➤ Culture of service is a huge business Advantage



By Sunny Bindra on Sep 10, 2023 07:00 am

A recent experience at a hotel made me pause and reflect.

I had looked over the wide array of desserts available in the lunch buffet, and chosen a nice looking mousse in a long-stemmed glass. After carrying the sweet dish back to my table, I noticed that the dessert spoon already laid out there was too wide to fit into the narrow cup. I should have looked around while at the buffet for the longer, thinner spoons.

As I was pushing my chair back to return to the buffet, a restaurant supervisor appeared at my shoulder, offering exactly the spoon I needed. Now that's good service, I thought. Someone was keeping an eye out for that very eventuality—and was motivated enough to pay attention and go the extra mile. But where does it come from, this attention to detail and this desire to do more, and how is it transmitted to far-flung employees? Those were my thoughts for the rest of that lunch.

There's no secret to it. Great customer service comes from a great culture of hospitality, a culture that takes the form of daily habits. Outstanding service is not a one-off achievement; it is about excelling on repeat mode. Many employees in many locations, pleasing many customers, in many ways. It is an extremely daunting thing to pull off. Most fail.

Where does such culture come from? Essentially, from leadership. Good culture has many manifestations, but its genesis is simple. It comes from the leaders, present and past. Leaders have to have the service ambition; leaders have to transmit it positively to everyone else; and most importantly, leaders have to role-model the actions. They have to show up and exemplify the culture, every day.

First, a high standard must be set—we will be and do all the following things with customers. We will be especially helpful, and we will do more than is expected of us. We will create memorable moments for our customers—and do it year in, year out.

It takes guts and ambition—and a bit of madness—to set such a standard in the first place. But merely stating a standard is nothing—the true achievement lies in meeting it. Most hotel chains—and most large businesses—purport to have high customer-service standards, but fall well short of meeting them, on average. How then do we deliver the standard, across thousands of employees?

What is needed is a self-reinforcing culture. You train and motivate a core group of employees to the hilt, and get them to train the rest. But a training programme is, by itself, also nothing. The impact must be felt not in training, but in real life with real customers. In my experience, the best such training is done on the job, in a special way.

The best way for hotels—and many other businesses with many daily customer interactions—is the player-coach model. Invest in frontline supervisors who serve customers,

but also keep an eye on proceedings. These folks are there to coach the younger staff—in real time, as events unfold. They correct service errors; they step in to show how something should actually be done; they act as role models. In this way, the day-to-day reinforcement of culture is achieved. Gently, unobtrusively, but repeatedly.

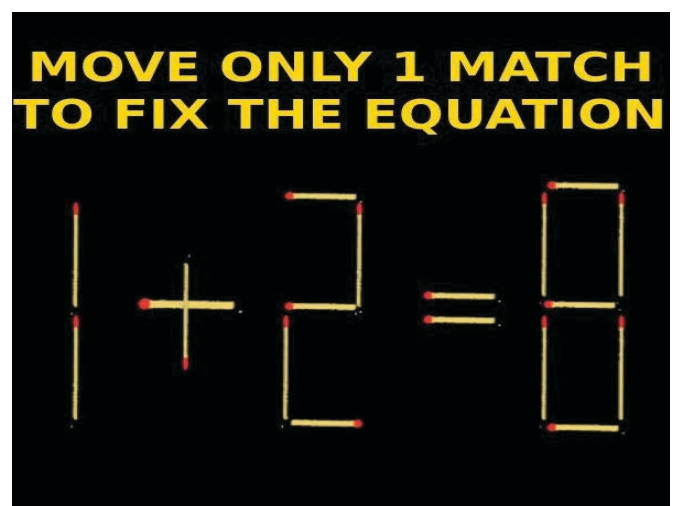
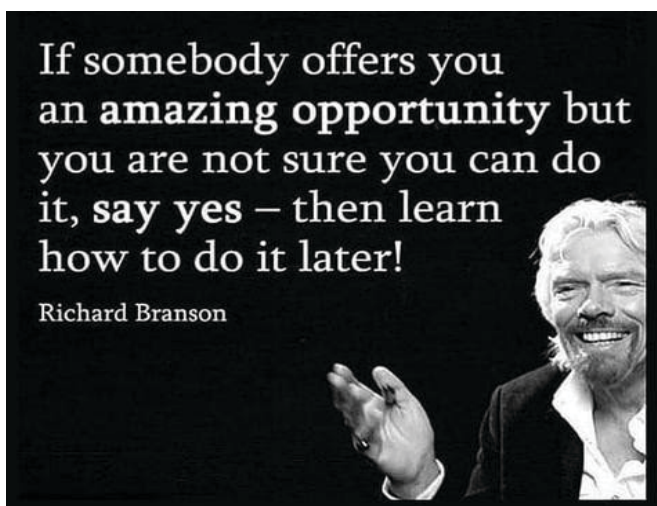
Consistently good customer service, once achieved, is a remarkable strength to have in a business. For one thing, it is very difficult to copy. Culture has so many inter-linked causes that you can't just poach individuals or even teams, and import great service. I have seen this fail many times, and is akin to trying to transplant an alien organ into a body not able to receive it. It also takes a long time to embed culture properly in any organization—there are no overnight successes, no matter how expensive your cultural change project, or how glitzy your official relaunch.

Being able to offer difficult-to-copy customer experience bestows another advantage: it builds emotional bonds with your customers, bonds that can protect you against well-heeled competitors. You may have the money, but if I have the culture and service and emotional

bonding, I can stay in the game for longer.

It's never perfect, mind. Lapses will often occur and so they must, in any endeavour involving human beings. That's not the point. The real game is in the trying—the commitment to meet the set standard as many times as possible. It is also in the recovery—the bouncing back from failures, the making of amends, the learning from experiences. Unless we are very vigilant, entropy will occur: standards will slip, and the old ways will be forgotten.

The hotel I began today's column with was the Kigali Serena in Rwanda. Serena Hotels have, for the longest time, had a deep reputation for friendly and helpful service. But where did it originate? Join me in appreciating the achievement of Mahmud Jan Mohamed. He has just retired from the helm of Serena Hotels, and for decades was the driving force behind the much-applauded service culture. He set the example and delivered the standard, through others. He has personally mentored a whole posse of managers with similar attributes—and that's a great legacy to be going home with.





What happens if you leave an enlarged prostate untreated?

The Consequences of Untreated Enlarged Prostate: A Comprehensive Guide

An enlarged prostate, also known as benign prostatic hyperplasia (BPH), is a common condition affecting many men, especially as they age. Left untreated, BPH can lead to various complications and affect your quality of life. In this post, I will provide an informative overview of the potential consequences of leaving an enlarged prostate untreated, along with scientific studies to support the information.

1. Urinary Symptoms Worsen:

As BPH progresses, the prostate gland continues to grow, causing compression of the urethra. This can lead to bothersome urinary symptoms such as:

Frequent Urination: You may find yourself needing to urinate more often, including during the night (nocturia).

Urgency: An urgent and sudden need to urinate may arise, making it difficult to hold back.

Weak or Intermittent Stream: The flow of urine may become weaker or start and stop during urination.

Straining to Urinate: Increased effort may be required to initiate and maintain the stream.

Incomplete Emptying: You may feel as though your bladder doesn't fully empty after urination.

2. Risk of Acute Urinary Retention (AUR):

AUR is a severe complication of untreated BPH. It occurs when the enlarged prostate obstructs the urethra to the point where urine cannot pass at all. This sudden inability to urinate can be extremely painful and necessitates immediate medical attention, often requiring catheterization to relieve the obstruction.

3. Urinary Tract Infections (UTIs):

A blocked flow of urine due to BPH can create an environment favorable for bacterial growth, leading to recurrent UTIs. UTIs can cause discomfort, pain, and may require antibiotic treatment to resolve.

4. Bladder Stones and Kidney Damage:

When urine remains stagnant in the bladder due to BPH, it can lead to the formation of bladder stones. Additionally, chronic obstruction can put pressure on the kidneys, potentially leading to kidney damage over time.

5. Impact on Sexual Function:

Untreated BPH may impact sexual function, leading to difficulties with erections and ejaculation. However, not all cases of BPH have a direct impact on sexual function, and individual experiences can vary.

6. Decreased Quality of Life:

The bothersome urinary symptoms and potential complications associated with untreated BPH can significantly impact your overall quality of life. Frequent trips to the bathroom, disturbed sleep, and discomfort can lead to feelings of frustration and reduced well-being.

Conclusion: Seeking Timely Intervention is Vital

Leaving an enlarged prostate untreated can lead to a cascade of urinary problems and

➤ From the Desk of the Group IT Manager



Dear IT Managers

Email is one of the most popular forms of communication, Unfortunately, it's also one of the most vulnerable to cyber-attacks. Email security best practices are the crucial elements of your data privacy strategy you should be aware of to protect the business. It doesn't matter whether you manage a small office or an entire corporate network. Using them avoids a potential data breach and include the following.

- Use strong passwords.
- Train employees
- Use of proxies
- Use two-factor authentication (2FA)
- Use encrypted connections.
- Back-up files regularly
- Keep software and anti virus programs up to date.

- Keep an eye out for suspicious emails.
- Check links before you click on them.
- Deploy a gateway email content filter.

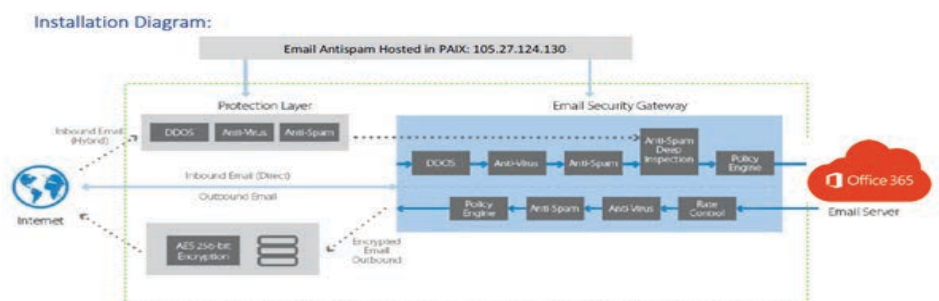
SGA Security has deployed and implemented an Email security solution to be used in line with the email best practice.

The solutions enable the safeguarding of a business or a client's privacy. It prevents unauthorized access to sensitive data like financial information and important documents.

The following are the advantages and features of the solution.

- Spam, Malware, and Advanced Threat Protection
- Impersonation Protection
- Account Takeover Protection
- Email Encryption and Data-loss Prevention
- Domain Fraud Protection
- Web Security
- Incident Response
- Security Awareness Training
- Cloud-to-Cloud Backup
- Cloud Archiving
- Data Inspector

Deployment structure and design



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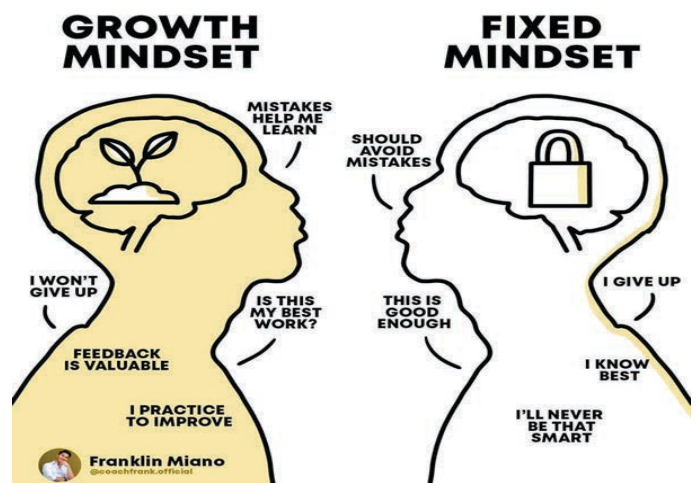


➤ IT Corner

Tips for Guarding your Digital Fortress:

1. **Use Strong Passwords:** Create complex passwords with a mix of upper and lower-case letters, numbers, and symbols. Avoid using easily guessable information like birthdays or names.
2. **Enable Two-Factor Authentication (2FA):** Whenever possible, enable 2FA on your online accounts. This adds an extra layer of security by requiring a second form of verification.
3. **Beware of Phishing:** Be cautious of unsolicited emails, messages, or links. Cybercriminals often use phishing techniques to trick you into revealing personal information. Verify the sender's identity before clicking on links or sharing sensitive data.
4. **Update Software Regularly:** Keep your operating system, antivirus software, and applications up-to-date. Updates often contain security patches that protect against known vulnerabilities.
5. **Shop from Reputable Websites:** When shopping online, stick to well-known and trusted websites. Look for "https://" in the URL and a padlock symbol to indicate a secure connection.

6. **Be Wary of Online Offers:** If an online offer seems too good to be true, it probably is. Be cautious of scams promising unbelievable deals, prizes, or easy money.
7. **Protect Personal Information:** Avoid sharing personal information like your BVN, bank account details, or passwords with anyone online unless you're certain of their legitimacy.
8. **Secure Your Devices:** Use security features like biometric locks (fingerprint or facial recognition) on your devices. Lock your phone and computer when not in use.
9. **Regularly Check Bank Statements:** Monitor your financial accounts regularly for suspicious transactions. Report any unauthorized activity to your bank immediately.
10. **Educate Yourself:** Stay informed about current cybersecurity threats and scams. Knowledge is your best defense against cybercrime.
11. **Report Suspicious Activity:** If you encounter online fraud or cybercrime, report it. You can make use of our e-reporting portal in this regard.



➤ Motivation Corner

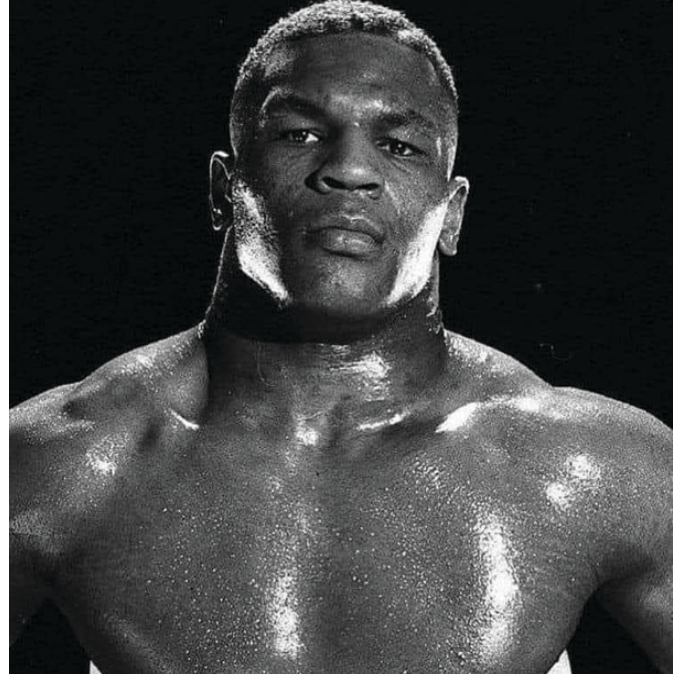
"During an interview with a television station, a journalist asked Mike Tyson if it was true that he got up at 4:00 a.m. to run, to which he replied

"No". - At 4:00 a.m., I'm already running...

- But you are world champion, why do all this? asked the reporter.

To which Tyson responded:

"That's precisely why, at this time all my opponents are sleeping and gaining weight. If I learn that one of them is running at 4:00 a.m. too, I will start running at 2 a.m., and if someone runs at 2 a.m., I'm going to stop sleeping to train. That's why I stay on top... It's my responsibility, not theirs..."



➤ Self - Confidence

What is the body language like of a person with very high self-confidence?

Observe confident people around you. You'll find these 9 behaviours in them:

1. They don't cross their arms.

Confident people don't cross their arms because they're not feeling defensive, nor do they have anything to hide.

2. They don't constantly check social media.

Mindlessly scrolling through social media can waste more time than you imagine. A confident person knows how to use their time wisely to be more productive.

3. They listen 10 times more than they speak.

Truly confident people already know what they think, they want to know what you think.

4. They celebrate their peers' successes.

Insecure people don't want others to succeed. When confident people say "good luck" to someone, they sincerely mean it.

5. They don't seek approval from others.

Confident people gain attention due to their brilliant work. Since their self-worth comes within, they don't need approval from others.

6. They never gossip.

Confident people realize that another person's private is none of their business. When people engage in gossip, all it serves to do is make themselves more judgmental and toxic.

7. They're in a pleasant mood most of the time.

Confident people aren't easily thrown off their emotional game. They don't feel insulted or slighted as easily as other people, and this is part of their appeal.

8. They maintain eye contact.

Eye contact is a shared experience and one of the most powerful tools in human face-to-face interaction.

9. They aren't ashamed to ask for help.

Confident people are secure enough to admit a weakness. Saying "Can you help me?" Shows tremendous respect for that individual's expertise and judgement.

➤ **10 realizations that you have to embrace in Life**

1. As you get older, you choose the people that you accept in your life. You do not want to waste your energy trying to connect with someone, and it will not prosper into a relationship that is worth keeping.

2. You can't stop people from saying things about you. It is not your responsibility to change their minds. You only have to keep on doing what you do best. For as long as you are not hurting anyone, then there is no need to explain yourself.

3. You don't need so many friends in your life. You only need a few but are genuine with you. You cut off people in your life who do not respect you.

4. You are a work in progress, so there is no need for you to be hard on yourself. You have to continue learning and embrace that you will never please everyone.

5. Kindness goes a long way. If you have nothing good to say, it is better to keep your opinions to yourself. Allow people to grow and learn from their past mistakes.

6. Those people who know you better will stay with you no matter what. These are people that you have to keep because they have the purest intentions for you.

7. Maturity is to prioritize your needs over anything. For as long it can serve its purpose, you don't feel the need to buy a new one.

8. Embrace the fact that we outgrew people. Some of them do not stay because they have other priorities. You don't stop them, you let them go.

9. You choose your battles because not everything is worth your time and energy. You would want to protect your peace of mind than engage in drama.

10. You choose your happiness more than anything. You don't let people define your success. You make the most of every day because life is fleeting. You chase your dreams, not people anymore."

► Humour Corner



Let's Laugh Away Our Stress with ANTS

1. 5 ants + 5 ants = Tenants
2. To bring an ant from another country into your country = Important
3. Ant that goes to school = Brilliant
4. Ant that is looking for a job = Applicant
5. A spy ant = Informant
6. A very little ant = Infant
7. An ant that uses a gun = Militant
8. An ant that is a specialist = Consultant
9. A proud ant = Arrogant
10. An ant that is cruel and oppressive = Tyrant
11. An ant that is friendly and lovely = Coolant
12. An ant that has changed from evil to good deeds = Repentant
13. An ant that accumulated so much food in summer for use in winter = Abundant
14. An ant that isn't willing = Reluctant
15. An ant that keeps financial account = Accountant
16. An ant that occupies a flat = Occupant
17. A huge ant = Giant
18. An ant that is important = Significant
19. An ant that has big legs = Elephant
20. A sarcastic ant = Mordant
21. An extremely fast ant = Instant
22. A noisy ant = Rant
23. An ant that doesn't keep moving = Constant
24. A dirty ant = Pollutant
25. An ant that annoys = Irritant
26. An ant that lacks knowledge= Ignorant
27. An ant that can take anything without complaining= Tolerant
28. An ant that wastes resources= Extravagant
29. A very careful ant = Vigilant
30. An ant that maintains good odour = Deodorant
31. An ant that finds it hard to move = adamant
32. An ant that refused to move = Redundant
33. An ant that is into business = Merchant
34. A Political ant = Aspirant
35. An ant that sues someone to court= Complainant



Security Matters

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➤ 10 Toxic People You Should Avoid at All Costs

This post will cover emotional intelligence and leadership performance.

The ability to manage your emotions and remain calm under pressure has a direct link to your performance. TalentSmart has conducted research with more than a million people, and they've found that 90% of top performers are skilled at managing their emotions in times of stress in order to remain calm and in control. One of their greatest gifts is the ability to identify toxic people and keep them at bay.

It's often said that you're the product of the five people you spend the most time with. If you allow even one of those five people to be toxic, you'll soon find out how capable he or she is of holding you back.

You can't hope to distance yourself from toxic people until you first know who they are. The trick is to separate those who are annoying or simply difficult from those who are truly toxic. What follows are ten types of toxic drainers that you should stay away from at all costs so that you don't become one yourself.

1. The Gossip

"Great minds discuss ideas, average ones discuss events, and small minds discuss people." – Eleanor Roosevelt.

Gossipers derive pleasure from other people's misfortunes. It might be fun to peer into somebody else's personal or professional faux pas at first, but over time, it gets tiring, makes you feel gross, and hurts other people. There are too many positives out there and too much to learn from interesting people to waste your time talking about the misfortune of others.

2. The Temperamental

Some people have absolutely no control over their emotions. They will lash out at you and project their feelings onto you, all the while thinking that you're the one causing their malaise. Temperamental people are tough to dump from your life because their lack of control over their emotions makes you feel bad for them. When push comes to shove though, tem

peramental people will use you as their emotional toilet and should be avoided at all costs.

3. The Victim

Victims are tough to identify because you initially empathize with their problems. But as time passes, you begin to realize that their "time of need" is all the time. Victims actively push away any personal responsibility by making every speed bump they encounter into an uncrossable mountain. They don't see tough times as opportunities to learn and grow from; instead, they see them as an out. There's an old saying: "Pain is inevitable but suffering is optional." It perfectly captures the toxicity of the victim, who chooses to suffer every time.

4. The Self-Absorbed

Self-absorbed people bring you down through the impassionate distance they maintain from other people. You can usually tell when you're hanging around self-absorbed people because you start to feel completely alone. This happens because as far as they're concerned, there's no point in having a real connection between them and anyone else. You're merely a tool used to build their self-esteem.

5. The Envious

To envious people, the grass is always greener somewhere else. Even when something great happens to envious people, they don't derive any satisfaction from it. This is because they measure their fortune against the world's when they should be deriving their satisfaction from within. And let's face it, there's always someone out there who's doing better if you look hard enough. Spending too much time around envious people is dangerous because they teach you to trivialize your own accomplishments.

6. The Manipulator

Manipulators suck time and energy out of your life under the façade of friendship. They can be tricky to deal with because they treat you like a friend. They know what you like, what makes you happy, and what you think is funny, but the difference is that they use this information as part of a hidden agenda. Manipulators always want something from you, and if you look back on your relationships with them, it's all take, take, take, with little or no giving. They'll do anything to win you over just so they can work you over.

7. The Dementor

In J. K. Rowling's "Harry Potter" series, Dementors are evil creatures that suck people's souls out of their bodies, leaving them merely as shells of humans. Whenever a Dementor enters the room, it goes dark, people get cold, and they begin to recall their worst memories. Rowling said that she developed the concept for Dementors based on highly negative people—the kind of people who have the ability to walk into a room and instantly suck the life out of it.

Dementors suck the life out of the room by imposing their negativity and pessimism upon everyone they encounter. Their viewpoints are always glass half empty, and they can inject fear and concern into even the most benign situations. A Notre Dame University study found that students assigned to roommates who thought negatively were far more likely to develop negative thinking and even depression themselves.

8. The Twisted

There are certain toxic people who have bad intentions, deriving deep satisfaction from the pain and misery of others. They

are either out to hurt you, to make you feel bad, or to get something from you; otherwise, they have no interest in you. The only good thing about this type is that you can spot their intentions quickly, which makes it that much faster to get them out of your life.

9. The Judgmental

Judgmental people are quick to tell you exactly what is and isn't cool. They have a way of taking the thing you're most passionate about and making you feel terrible about it. Instead of appreciating and learning from people who are different from them, judgmental people look down on others. Judgmental people stifle your desire to be a passionate, expressive person, so you're best off cutting them out and being yourself.

10. The Arrogant

Arrogant people are a waste of your time because they see everything you do as a personal challenge. Arrogance is false confidence, and it always masks major insecurities. A University of Akron study found that arrogance is correlated with a slew of problems in the workplace. Arrogant people tend to be lower performers, more disagreeable, and have more cognitive problems than the average person.

How to Protect Yourself Once You Spot 'Em

Toxic people drive you crazy because their behaviour is so irrational. Make no mistake about it—their behaviour truly goes against reason, so why do you allow yourself to respond to them emotionally and get sucked into the mix?

The more irrational and off-base someone is, the easier it should be for you to remove yourself from their traps. Quit trying to beat them at their own game. Distance yourself from them emotionally, and approach your interactions with them like they're a science project (or you're their shrink if you prefer that analogy). You don't need to respond to the emotional chaos—only the facts.

Maintaining an emotional distance requires awareness. You can't stop someone from pushing your buttons if you don't recognize when it's happening. Sometimes you'll find yourself in situations where you'll need to regroup and choose the best way forward. This is fine, and you shouldn't be afraid to buy yourself some time to do so.

Most people feel as though because they work or live with someone, they have no way to control the chaos. This couldn't be further from the truth. Once you've identified a toxic person, you'll begin to find their behavior more predictable and easier to understand. This will equip you to think rationally about when and where you have to put up with them and when and where you don't. You can establish boundaries, but you'll have to do so consciously and proactively. If you let things happen naturally, you're bound to find yourself constantly embroiled in difficult conversations. If you set boundaries and decide when and where you'll engage a difficult person, you can control much of the chaos. The only trick is to stick to your guns and keep boundaries in place when the person tries to cross them, which they will.

Have you run into any of these toxic types of people? Please share your thoughts in the comments section below as I learn just as much from you as you do from me.

Elon Musk Great quotes:

"I think it is possible for ordinary people to choose to be extraordinary." - **Elon Musk**

"Some people don't like change, but you need to embrace change if the alternative is disaster." - **Elon Musk**

"Failure is an option here. If things are not failing, you are not innovating enough." - **Elon Musk**

"When something is important enough, you do it even if the odds are not in your favor." - **Elon Musk**

Jeff Bezos 3 Great Quotes and many other great quotes:

"The smartest people are constantly revising their understanding, reconsidering a problem they thought they'd already solved. They're open to new points of view, new information, new ideas, contradictions, and challenges to their own way of thinking." - **Jeff Bezos**

"Invention requires a long-term willingness to be misunderstood. You do something that you genuinely believe in, that you have conviction about, but for a long period of time, well-meaning people may criticize that effort. When you receive criticism from well-meaning people, it pays to ask, 'Are they right?' And if they are, you need to adapt what

they're doing. If they're not right, if you really have conviction that they're not right, you need to have that long-term willingness to be misunderstood. It's a key part of invention." - **Jeff Bezos**

““When you think about the things that you will regret when you’re 80, they’re almost always the things that you did not do.

They’re acts of omission. Very rarely are you going to regret something that you did that failed and didn’t work or whatever.” - **Jeff Bezos**

➤ ***Professionalism***

Professionalism is defined as the behaviour you exhibit while at work.

As a professional, there are certain traits people expect to see in you regularly. These are the few ways on how to remain professional at your workplace.

1. Be punctual

One of the personality traits of a good professional is the ability to arrive at the work station on time. The sage said : punctuality is the soul of business. It is the politeness of kings and queens.

2. Practice etiquette

Etiquette is politeness or courtesy. We also call it civility or decorum. It is the beauty of good manners. Be courteous to all but intimate to few.

3. Maintain a positive mental attitude

Every member must come to work with a positive mental attitude. Be cheerful and look very bright. Wear a mile-wide smile. Don't transfer your insuperable house problems to the work place. Zig Ziglar put it this way : It is your attitude, not aptitude, that determines your altitude.

4. Dress decently at all times

Dressing is such an integral part of being a professional. Every member must learn to dress properly at all times. Do not dress to disturb your staff mates or whoever . Take care of your hair both men and women. Therefore, don't dress like a large scale farmer of bhang.

You dress the way you want to be addressed. So, stop ranting and chanting 'My dress, My Choice'.

Keep yourself well-groomed and always pay attention to your personal hygiene.

5. Tame the sting of your tongue

As a professional, don't use obscene/vulgar language. Don't curse people. Shun vile verbal duels, gossips and godless chatters Avoid unnecessary fights and feuds fueled by wanton war of words. Don't engage in petty politics and polemics.

6. Share knowledge

A true professional is always willing to lend a helping hand to his or her colleagues. Share the specialised knowledge, and assist your fellow colleagues in case you have the wherewithal. Somewhere I read : Sharing is caring. When you share information, you may reap some immense benefits. The world does not reward you for what you know, but it rewards you for what you do with what you know.

7. Respect yourself and others

Every person must respect himself or herself at any time. It is also important to respect your

colleagues at work. Be polite at all times to fellow colleagues, even when provoked. Respect is two-way traffic. So, for you to be respected, respect others too.

8. Control your anger

The work space is an area where you must learn to regulate your anger. Have some emotional intelligence. Even if you heat your anger to what magnitude, it cannot boil yummy yams. Robin Sharna puts it this way : an excellent way to control your temper is simply to count from 1 to 100 before you respond to someone who has irritated you.

9. Don't peddle cheap lies

Do not lie. Don't be petty and pedantic. Don't be childish, foolish and doltish. Stop conjuring scurrilous stories that don't exist. Avoid being a big fat liar. Be straight-forward. Don't doctor things. It is not good to be dubious. Dishonesty and lack of integrity never make anyone look good. Be honest and calm at all times. Never expose your dirty linen in public. Professionals must ensure they do not expose their dirty linen in public.

10. Learn to be confidential

Keep confidential information confidential. Keep the secrets of the institution. Don't tear your colleagues like a piece of paper. Be wise, not otherwise.

11. Follow policies

Every true professional must obey policies. This depicts that you are disciplined and respectful. Obeying work policies will position you at the acme of your career.

12. Let heavenly power guide you

You always come out of your house to your workplace empty-handed. Kneel down before you go out of your house telling God not to let you come in the evening the way you left. Bring something small but blessed. Even if economic times are hard hit, ask the power from above never let you lack.

13. Get your job done

Ensure on a daily basis, you have prepared your TO DO LIST for the day and week — and strive to achieve them. At the end of every day and week, it's important to go through your TO DO LIST for the week and see how much you have achieved. Every professional must be RESULTS- ORIENTED.

➤ **Examine Your Team's Culture of Busyness**



Too many teams overvalue busyness, fostering cultures of long work hours, meeting overload,

and chronic multitasking. But our obsession with staying busy is misguided—and it can actually come at the expense of productivity. Here's how to reverse the destructive trend.

- Reward output, not just activity. Recognize and promote employees who work efficiently and produce the highest-quality work—not just those who log the most hours.

- **Eliminate low-value work and foster deep work.** Conduct an audit on your team to determine how much time per week they spend on shallow tasks versus the time they spend deeply focused on high-value tasks. If the results are skewed toward low-value work, help them reprioritize, delegate, and eliminate the busy work that's getting in the way of real productivity.
- **Nudge people off the clock.** If you want your employees to truly thrive, you need to allow time for their minds to wander. Encourage them to sign off earlier, work less on weekends, and (crucially) actually use their allotted vacation time.
- **Model the right behaviour.** The boldest leaders aren't those who burn the midnight oil; they're the ones who set the norm by taking a pause. When you show that your own busyness isn't a prerequisite for success, others are more likely to follow suit.

➤ Security Control Room



A Security Control Room is a centralized facility equipped with technology and personnel responsible for monitoring and managing various security-related activities within an organization or facility. Their basic responsibilities and functions include:

1. Surveillance Monitoring: The control room staff continuously monitor surveillance cameras, alarms, and sensors to detect and respond

to any security breaches or suspicious activities.

2. Emergency Response: In the event of an emergency, the control room coordinates and directs appropriate responses, such as contacting security personnel, law enforcement, or other relevant parties.

3. Access Control: The control room manages access control systems, granting or denying access to different areas based on authorization levels. They can remotely lock or unlock doors and gates as needed.

4. Alarm Management: Control room operators handle alarms triggered by intrusion detection systems, fire alarms, or other sensors, taking necessary actions to investigate and respond accordingly.

5. Communication Hub: The control room serves as a communication hub, relaying information to security personnel, emergency responders, and relevant stakeholders during incidents or emergencies.

6. Incident Documentation: Control room operators maintain detailed records of incidents, responses, and actions taken. This documentation is crucial for post-incident analysis and reporting.

7. Crisis Management: During crisis situations, the control room helps manage and coordinate crisis response efforts, ensuring that personnel are safe and proper procedures are followed.

8. Video Verification: Control room staff can verify alarm triggers by reviewing live or recorded video footage, reducing false alarms and improving response accuracy.

9. Routine Checks: Control room operators perform regular checks on equipment functionality, ensuring that surveillance cameras, sensors, and communication systems are operational.

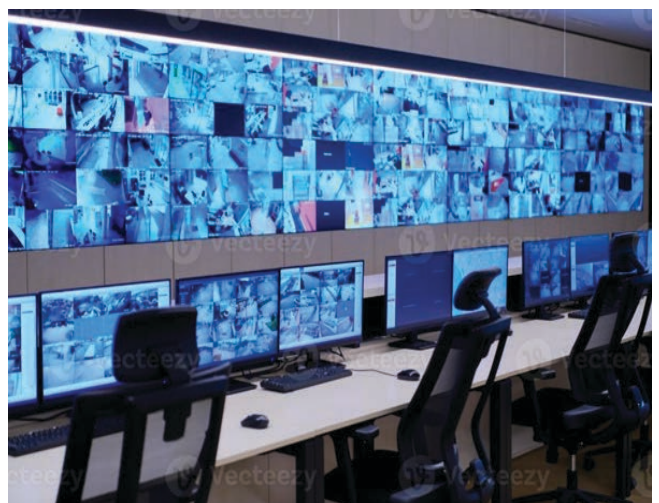
10. Access to Information: They provide real-time information and situational awareness to decision-makers, allowing them to make informed choices during security incidents.

11. Collaboration: Control room personnel collaborate with security personnel on the ground, law enforcement, and other emergency services to ensure a coordinated response.

12. Policy Adherence: The control room enforces security policies and procedures, ensuring that personnel adhere to established security protocols.

13. Data Analysis: By analyzing data and trends over time, the control room can identify areas of improvement, vulnerabilities, and potential threats, leading to enhanced security strategies.

In essence, a Security Control Room serves as the nerve centre of an organization's security operations, facilitating effective monitoring, response, and coordination to maintain a secure environment.



► Maswahili Muhimu Ya Kujiuliza Kabla Ya Kuacha Kazi

Mazingira mabaya ya kazi , matatizo ya kifamilia au kiafya yamekuwa chanzo kikubwa cha watu kutamani au kutaka kuacha kazi.

Suala la kuacha kazi ni nyeti ambalo linahitaji utulivu na maamuzi yenye kuhuaisha utafita na busra kubwa . Wengi huacha kazi kutokana na misukosuko midogo na kujikuta wakiingia kwenye matataizo makubwa Zaidi .

Ikiwa unataka kuacha kazi unayoifanya ili utafute nyingine au ujajiri mwenyewe , basi jiulize maswali haya kabla ya kumpigia mwajiri wako mkono.

Unaacha kwa sababu sahihi?ima

Inawezekana umekaripiwa na mwajiri wako kutokana na kosa uliolo lifanya , suala hili limekukasusirisha kiasi cha kutaka kuacha kazi. Je ni kweli madhara ya kuacha kazi ni madogo kuliko yale ya kukaripiwa ?hakikisha unatafakari kwa kina sabbau inayokufanya uache kazi. Usisache kazi kwa mambo madogo ambayoungeweza Vumilia yakapita.

Ni wakati sahihi

Kufanya jambo lolote nje ya wakati ni kosa . hakikisha uamuzi unaofanya wa kuacha kazi ni kwa wakati sahihi.

Wakati sahihi hutegemea maandalizi ya Maisha baada ya kuacha kazi ikiwa bado hujajiandaa au kuna mamboyatayo-haribika kutokana na wewe kuacha kazi, basisubiri kwanza

Una chanzo kingine cha kipato

Ina wezekana kazi unayoitaka kuiacha ndiyo chanzo chako pekee cha kipato. Je utapata wapi fedtha kwa ajili ya matumizi yako wakati utakapokuwa umeacha kazi ?hakikisha una chanzo kingine cha uhakika cha kipato kabla ya kuacha kazi.

Uko kwenye tasnia gani

Inawezekana unalenga kutafuta kazi sehemu nyingine baada kuacha kazi , je tasnia au uwanja unaofanya kazi ukoje? Kuacha kazi bila kufikiria juu ya maswala haya kunaweza

kukufanya usipate kazi tena. Inawezekana wapo watu tele wanaotafuta kazi kama yako , hivyo kuicha ni kuipoteza daima.

Utapata kazi nyingine au utafanya nini?

Usiache kazi kabla ya kufahamu kama utapata kazi nyingine au utafanya nini . hakikisha unafahamu kazi utakayoifanya au kama utajajiri mwenyewe uwe tayari umeshaweka mikakati sahihi.

Kuacha kazi bila kujiuliza swalihili kutakuweka kwenye hali ngumu.

Utapata stahiki zako?

Kuna stahiki ambazo mtu anazipata mara amalizapo utumishi wake kwa mujibu wa sheria . je ikiwa utaacha kazi utapata stahiki zako kama vile mafao ya uzeeni?

Hakikisha huachi kazi katia mazingira yatayokusabaisha upoteze misharara au mafao yako ambayo ungepaswa kulipwa.

Familia inakukubaliana na msimamo wako?

Ikiwa una familia ni muhimu-kawashirikisha juu ya uamuzi wako wa kuacha kazi ili naowatoe msimamowao.

Kuaha kazi bila kushirikisha familia kunaweza kukuweka katika mgogoro au sitofahamu kubwa kati yako na familia yako . je familia ilikwa inakutegemea kazi yako? Je kipato cha familia kitakuaje?je watakuwezeshavipi utakapokuwa hauna kazi?

Walioamua mamuzi kama yako wakoje?

Wengi huacha kazi wakidhani mambo yatakua rahisi , baada ya kuacha kazi hujikuta wakiwa kwenye hali ngumu . chukua muda uwatumie watu wengine waliocha kazi kama shule yako ya kujifunza, je Maisha yao yako je? Yamekua mazuri au mabaya? Tafakari vyema kabla ya kuchukua hatua.

Una akiba ya kutosha?

Akiba ni muhimu kwa ajili ya kukusaidia wakati ambao hauna kipato kwa ajili ya kutunza mahitaji yako.Hakikisha umebainisha matumizi yako ya kifedha na kuhakiksha unawe kuyakidhi kwa akiba uliyo nayo. Usiachekazi bila kuwa na kiasi cha uhakika cha akiba itayokusaidia wewe na wale wana-kutegemea.

Unaweza kuruhuiwa kurudi kazini ?

Kuna wakati mtu anajutia uamuzi wake . hakikisha kabla ya kuacha kazi umefahamu kama unaweza kuruhusuwa kurudi kazini ikiwa mambo yatakwenda vibaya

Ni muhimu pia kuhakiksha kuwa hauchi kazi kwa shari bali unaacha kwa amaniili ukitaka kurudi ufikiwe, kumbuka unaweza pia kuomba likizo ndefu isiyokua na malipo(secondment) badala ya kuaacha kazi kabisa

Suala la kuacha kazi likifanyika bila kutafakari na kujiandaa vyema linaweza kuleta matatizo makuwa .

Hivito jiulize maswali tajwa hapo juu kwa makini na uhakikishe umeyajibu vyema kabla

ya kuacha kazi. Unaweza pia kuuliza watu wengine waliokutana na changamoto kama zako wakupe njia ya kuzukubali badala ya kuacha kazi.

Sifa za kiongozi bora katika eneo la kazi

Kuwa kiongozi bora kazini inatakiwa kujifunza . kuwa kiongozi kazini huwa haitokei kama ajali bali mtu husdika anatakiwa kujifunza namna ambavyo kuwa hivyo.

Hivi hujawai kuona umeajiriwa sehemu fulani lakini miaka nenda rudi haujawa kionghapo officini hata siku moja ? una fikiri ni wapi amabop huwa una kosea?

Kama haujawai kufikiri ni wapi amabapo huwa unakosea basi naomba nikupe mbinu hiziz amabazo zitakusaidia kwa namna moja ama nyingine ili uweze kuwa na wewe ni kiongozi siku moja hapo ofisini kwako kwa kuzingatia mambo yafuatayo.

Unatakiwa kujifunza kutoa maamuzi

Miongoni mwa mambo yatakusaidia kuwa kiongozi bora katika kampuni ni pamoja na kuwa na uwezo wa kutoa maamuzi, na si maamuzi tu bali maamuzi mazito yaliojawa na mtazamo chanya wa kuinua au kuijenga ofisi yako.

Watu wengi wamekua wakichemka sana katika hili yaani unakuta mtu flani kafanya kosa fulani kazini ila anashindwajibishwa mtu huyo, jambo hili ndilo tunaloita kutsa mtazamo na mwongozo wa namna ya kutoa maamuzi sahihi juu ya mtu huyo .

Uwezo wa kutafuta majibu ya changamoto

Ili uwe kiongozi bora katika kampuni au ofisi unatakiw Kuwa na kinara wa kutafuta majibu ya kila changamoto inayojitokeza katika kampuni au ofisi uliyopo kila changamoto inayojitokeza katika ofisi flani basi haitakiw kuwa

kikwazo cah ofis hiyo kufanya kazi zake kwa ufasaha bali wewe mmoja kati ya wadau wa ofisi hiyo unatakiwa kuwa kiongozi na mstari wa mbele katika kutatua changamoto hiyo kwa kutafuta majibu sahihi. Uwezo wa kushirikiana na watu wengine

Unapokuwa unafanya kazi fahamu kuwa ushirikiano ni nguvu , na utengano ni udhaifu. Hivyo kila Wakati ili uwe kiongozi mwema kazini basi unatakiwa kuelewanamna sahihi inayoweza kukusaidia kwa namna moja ama nyingine kuweza kusaidia katika kutekeleza majukumu ya kiofisi ili kampuni au taasis iweze kusonga mbele kimafanikio kwa namna moja au nyingine

Miongoni mwa afida utakazozipata pindi utakapoamua kuwa na ushirikiano na watu wengine ni kwamba utaweza kujifunza mambo mbalimbali ambayo hapo awali wewe ulikuwa hauyajui.

Pia kufanya kazi kwa ushirikiano husaidia sana kuongeza kasi ya utendaji wa kazi

husika, kwa mfano kazi iliyotakiwa kufanywa kwa mda mrefu basi kazi itafanyika kwa mda mfupi.

Hivyo kila wakati unatakiwa kubeba dhana hii “ kufanya kazi kwa ushirikiano ni chachu ya maendeleo” hivyo hakikisha unakuwa ni mtu wa kushirikiana na watu ili kuweza kuleta maendeleo.

Uwezo mzuri wa kuwasiliana

Jambo jingine litakoloku saidia kwa namna moja ama nyingine ili kuwa kiongozi mzuei wa kiutendaji katika kazi yako ni vile amabyo utaamua na kulibeeba jukumu la kuweza kuwasiliana vyema na watu wengine

Namna ambavyo utweza kuwasiliana vyema na wafanyakazi wengine nmna ambavyo utakuwa una uwezo wa kuongea na wateja ndivyo amabyo watu wata kavyozidi kukuami-ni au kuiamini ofisi ambayo unaifanyia kazi.

Ukiweka kinyongo na masala mengine binafsi nyuma husani suala la mawasiliano ndivyo ambavyo utavyokuwa unaiua kampuni pasipo wewe mwenywe kujua.

ANTI CORRUPTION VOICES

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GM- Cash Services	: 0784-598733
Guarding Services Manager	: 0688-554471
Customer Care Manager	: 0787-460703
Human Resources Manager	: 0687 809 720
Admin Manager	: 0784 446 610

OUR BRANCH NETWORK

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Moshi	Plot No. 89, NHC, Block L, Taifa Road Moshi, Tanzania	Tel: +255(0)27 2750057	moshi@sgasecurity.co.tz
Mwanza	Plot No. 17 Block D Balewa Road, ISAMILO - Mwanza, Tanzania.	Tel: +255 (0)28 250 0910	mwanza@sgasecurity.co.tz
Geita	GGM - Area	Tel: +255 (0)682 338 431	mwanza@sgasecurity.co.tz
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Zanzibar	Plot No. B1-65, Tomondo - Kwa Mchina Mwanzo - Zanzibar	Tel: + 255 (0) 685 777742	zanzibar@sgasecurity.co.tz
Mtwara	Aghakan Road- near airtel- Maduka Makubwa	Tel: + 255 (0) 782 308254	mtwara@sgasecurity.co.tz
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