

## How Cultural Practices Supported the South African Wildlife Rangers' Resilience

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Employee Wellness South African National Parks, South Africa

### Short Communication

#### Abstract

Game rangers as vanguards of South Africa's wildlife conservation are constantly fighting off dangerous animals and armed poachers, and that makes their work stressful and dangerous. They have poor quality of work life lives as it is characterized by shortage of staff which comes with working long hours, staying away from their families for extended period, residing at work under appalling conditions and sometimes not having enough resources to do their job. However, their steadfast cultural practices contribute to their mettle, as they are able to cope with the unbearable working conditions.

#### Biography

Laurencia Mathekga is a Professional Social Worker employed as a Corporate Manager: Employee Wellness at South African National Parks (SANParks' 19 national parks) spread across the South Africa. She has over 23 years work experience in various businesses such as government, nuclear institute, conservation and tourism at senior management level. Laurencia completed her DPHIL (SOCIAL WORK) at UNISA researching on "Building Resilience" and has presented at local and international conferences. She has recently published an article on "employee wellness: preparation for the fourth industrial revolution".

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