



THE NATIONAL GAS COMPANY OF TRINIDAD AND TOBAGO LIMITED

PRESS RELEASE

NGC delivers all round experience to its interns through mentorship programme

Every year, The National Gas Company of Trinidad and Tobago Limited (NGC) conducts a Summer Internship and Mentorship Programme. This programme was started 15 years ago and has grown from the placement of University students throughout the Company in areas aligned with their field of study, to a fulsome, comprehensive mentorship programme, which improves capacity and capability through learning sessions. The focus of these sessions is to ensure that along with foundation academic and work experience, the intern receives all-round exposure to critical ideas and experiences. These will help to enhance his or her 'adult' life as they graduate and move fully into the world of work.

Over 200 young persons have benefited from this NGC programme. Each year the mentorship runs from June to August and it incorporates a number of topics geared towards providing interns with a realistic view of the world post-graduation, as well as to provide critical work experience. This year, the programme catered to 43 interns eager to experience life in a Company considered, according to one intern, to be "the cornerstone of our local energy sector."

Beyond the lessons learnt in the office and on the field, specialised sessions were offered under the 2016 NGC Summer Intern Mentorship Programme. These included sessions on cyber safety; personal safety and defense tactics; emotional intelligence; personal financial management; corporate and dining etiquette and a safe driving workshop and simulation experience. Facilitators included former Miss World, Mrs. Giselle Laronde West; Joseph Habre of Joseph's Restaurant; Susan Romano Davis and Drive Wise. Nearer to the end of the internship programme, a team building fun day facilitated by Buzz Concepts was held, emphasising the importance of team structures in the current corporate climate.

Interns noted that they would leave as persons who are more holistically developed and were pleased that NGC would offer this session. An Intern speaking on behalf of the team noted, "The life skills learned will definitely have us more prepared for the corporate world. Through this programme, we would be able to develop both in our fields of study as well as a well-rounded individuals. These sessions built both character and friendship."

NGC continues to work with all its communities – internal and external - and prides itself on being a responsible state entity and a good corporate citizen. This involves development of our nation's youth as they are the ones who hold the country's future in their hands.

For further information please contact:

Lisa Burkett –Manager Corporate Communications

The National Gas Company of Trinidad and Tobago Limited (NGC)

Orinoco Drive, Pint Lisas Industrial Estate, Couva.

Email: Lisa.Burkett@ngc.co.tt