



THE CONCEPTS OF

**MENTAL HEALTH,
ABILITIES
&
EMOTIONAL DNA**

AT SNG1 COMPANY LIMITED



**THE CONCEPTS OF MENTAL HEALTH,
ABILITIES AND EMOTIONAL DNA AT
SNG1 LTD**



STAR OF NEW GENERATION1 COMPANY LIMITED

MENTAL HEALTH FOR INDIVIDUAL'S AND GENERATION'S WELFARE

Star of New Generation1 Company Limited (SNG1) is a company that mainly deals with mental health and generational related services. SNG1 is a recognized and registered company in Tanzania with *Reg. No. 171466490*. The company aims at accelerating individuals' mindset transformation so they can be open to ideas, comprehensively digest and make valid conclusions out of the ideas received. Individuals' transformed mindset will improve not only their individual but also their generations' lives. Furthermore, mindset transformation improves individuals' mental well-being.

SNG1 Company Ltd was found and established by *Psychologist Baraka T. Mushobozi* in 2021 where it began as an office. As the founder, Psychologist Mushobozi is an expert in Counselling and Psychology. He has experience in various settings that benefit from his expertise. Mr. Mushobozi is also an expert in psychology facility operations, designing counselling and psychological models, mentorship, coaching, therapy, and psychological approaches that support individuals and professionals in Tanzania and people around the world. Additionally, he is the creator of the motto "**MENTAL HEALTH FOR INDIVIDUAL'S AND GENERATION'S WELFARE**", which guide the services of SNG1 Company Ltd.

➤ Vision

To assist individuals attain, improve and maintain good mental health for their own as well as their generations' welfare.

➤ Mission

To provide counselling, psychological, generational and holistic services which foster individuals' mindset transformation for their own as well as generations' better mental health and welfare.



MENTAL HEALTH

ACCORDING TO SNG1 Co. LTD.

At SNG1 Company Limited, we believe that true mental well-being is achieved when individuals recognize, accept, prove, and utilize their unique abilities to navigate life's challenges. Mental health goes beyond coping with stress – it encompasses a state of self-awareness and resilience that empowers people to contribute positively to their own lives, their communities, and future generations.

Our approach to mental health addresses common obstacles that hinder personal growth and mental stability. Many individuals experience stress, confusion, and even mental health disorders due to a lack self – awareness, under-utilization of their abilities, or ineffective coping mechanisms. At SNG1, we see mental health as a journey of understanding, acceptance, effective proving, consistent utilization of individual's ability while aiming at his or her welfare and generational benefits.

With a focus on transforming mindsets and fostering a generational perspective, SNG1 aims to equip individuals with the knowledge and skills needed to enhance personal well-being and contribute to the welfare of those around them.

“Mental Health is a state of well-being in which an individual realizes and accepts their abilities, can cope with the normal stresses of life, and is able to contribute to personal, community, and generational welfare through these realized, accepted, proven, evaluated, and maintained abilities”. -

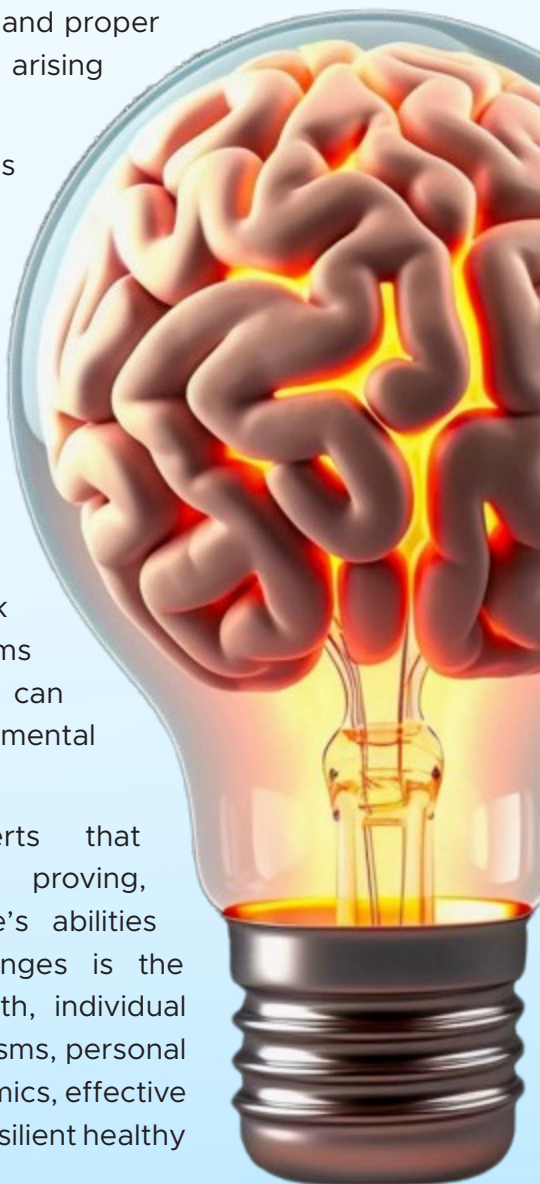
Psychologist Baraka T. Mushobozi

SNG1 Company Limited believes that many individuals face mental health challenges, disorders, health problems, and complications due to a lack of understanding of their abilities, acceptance, consistent utilization, and proper coping with various life stresses arising from different aspects of life.

SNG1 Company Limited believes that failing to understand, accept, prove, evaluate, and maintain one's abilities when handling various life stresses can lead to mental health challenges, such as excessive stress, confusion, poor cognitive functioning, low performance, and unusual behaviours.

Furthermore, an individual's lack of healthy coping mechanisms and stress management skills can accelerate the development of mental disorders and other health issues.

SNG1 Company Limited asserts that understanding, accepting, proving, evaluating, and maintaining one's abilities in managing various life challenges is the foundation of good mental health, individual success, effective coping mechanisms, personal development, healthy family dynamics, effective institutions, and the formation of resilient healthy communities and generations.



EMOTIONAL DNA

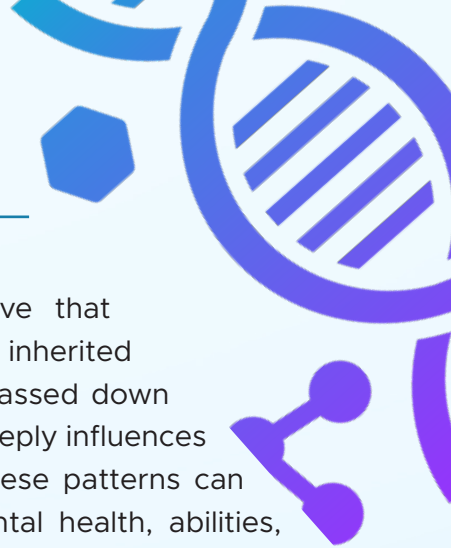
ACCORDING TO SNG1 Co. LTD.

At SNG1 Company Limited, we believe that an individual's Emotional DNA (the inherited emotional and psychological patterns passed down through families and generations) can deeply influence how people think, feel, and behave. These patterns can either promote or limit a person's mental health, abilities, talents, confidence and coping mechanisms.

For instance: A family legacy of fear may cause self-doubt and avoidance of challenges, Generational trauma can create emotional blocks that hinder progress, A background of emotional suppression might impair communication and stress management and on the other hand, inherited resilience or work ethic can enhance a person's ability to thrive under pressure.

At SNG1, we help individuals break negative cycles and enhance positive patterns through our Psychological and Generational Intervention Facility, which focuses on tracing, understanding, and transforming harmful emotional legacies.

We also use our special **Psychological NEST** where we help people to transform their mindsets, understand, accept, utilize, nurture, evaluate and strengthen their Abilities. Furthermore, assisting individuals to develop psychological maturity in different aspects of life.



According to Psychologist Baraka T. Mushobozi, the following terminologies are referred as the following;



This refers to a mindset prepared to perform functions effectively and appropriately, with the intention of improving not only the individual's welfare but also that of future generations and mental health as a whole.



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This is an innate ability or skill that allows one to perform tasks effectively and effortlessly, contributing to both individual welfare and generational benefits.

KEY CONCEPTS

As described by Psychologist
Baraka T. Mushobozi



Understanding: Being aware of and recognizing the intended meaning of one's abilities.



Accepting: Acknowledging and supporting what is known and proven about one's abilities with strong evidence.



Proving: Demonstrating the truth and validity of one's abilities.



Evaluating: Assessing the significance, effectiveness, efficiency, relevance, sustainability of one's abilities to guide growth and welfare.



Maintaining: Keeping one's ability in their existing state while supporting and sustaining performance, outcomes, and reducing uncertainties, providing stability, development and success.

INVESTMENTS OF SNG1 COMPANY LIMITED

- ☑ **Mindset transformation:** assisting individuals in understanding, accepting, proving, and evaluating their abilities and using them effectively to benefit both themselves and future generations.
- ☑ **Psychological and generational assessments:** aimed at helping individuals gain self-awareness across various life aspects, supporting their development and growth.
- ☑ **Holistic therapy:** incorporating multiple therapies – such as psychotherapy, medication, spiritual, social, nutritional, and generational therapies – to support individual and generational well-being.
- ☑ **Individual and generational welfare projects**
- ☑ **Psychological and generational research**
- ☑ **Development of psychological and generational tools:** designed to assist in individual and generational welfare.

- ☑ **Psychological and generational facilities**
- ☑ **Generational and psychological services and packages**
- ☑ **Intelligence and cognitive skills training and development**

NOTE: The core of this investment focuses on mindset transformation and supporting individuals in understanding, accepting, proving, evaluating, and consistently applying their abilities effectively to enhance personal and generational welfare.

