

OUR PROGRAMS



STAR OF NEW GENERATION
TRANSFORMED MINDSET **1**



OUR PROGRAMS

STAR OF NEW GENERATION¹ COMPANY LTD.

“MENTAL HEALTH FOR INDIVIDUALS’ AND GENERATIONS’ 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 was found and established by Psychologist Baraka Adolph T. Mushobozi in 2021 where it began as an office. As the founder, Psychologist Mushobozi is an expert in providing psychological as well as psychological laboratory related services. He, furthermore conducts trainings, mentorship and coaching programs to individuals and experts within his country Tanzania and from different countries of the world as well. Individuals from such countries as Germany, France, Austria and Hungary have benefited the training, mentorship and coaching programs done by Mr. Mushobozi under SNG1 Company. Mr. Mushobozi has also designed psychological models which guide psychological services provision by SNG1 together with other psychological services providing agents and or institutions. SNG1 owns and is guided by its unique motto **“MENTAL HEALTH FOR INDIVIDUALS’ AND GENERATIONS’ WELFARE.”**

✦ **VISION**

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

✦ **MISSION**

To provide psychological services which foster individuals’ mindset transformation for their own as well as generations’ better mental health and welfare.





OUR PROGRAMS

The table below shows a comprehensive range of psychological and generational-based programs designed by Star of New generation¹ to assist and promote mental health for individuals' and generations' welfare.

S/N	PROGRAM NAME	PROGRAM TYPE
G01.	FAMILY REJUVINATION	<p>Family rejuvenation is a program that aims at transforming dysfunctional (unhealthy and unhappy) families into functional (healthy and happy) families. This is done through;</p> <ul style="list-style-type: none">★ Counseling the family members★ Psychoeducation★ Psychological tests★ Psychological treatments★ Psychological assessments★ Trainings★ Coaching★ Mentorship★ Consultation★ Books★ Psychological models★ Healthy nutritional supplements

S/N	PROGRAM NAME	PROGRAM TYPE
G02.	PSYCHOLOGICAL REJUVINATION	<p>Psychological Rejuvenation is a program that stresses on helping individuals heal their psychological wounds hence reactivating their once lost self-concept. The psychological rejuvenation program involves;</p> <ul style="list-style-type: none"> ★ Counseling ★ Psychoeducation ★ Psychological tests ★ Psychological treatments ★ Psychological assessments ★ Trainings ★ Coaching ★ Mentorship ★ Consultation ★ Healthy nutritional supplements ★ Books ★ Psychological models
G03.	EAGLE STAR	<p>This is a program which aims at helping students at all levels of education be aware and accept their abilities then prove them by making right career choices basing on their abilities. The program is divided into three clusters; Eagle star 1 for pupils, Eagle star 2 for secondary students and Eagle star 3 for university students. Eagle star program conducts the following activities;</p> <ul style="list-style-type: none"> ★ Students' guidance & counseling ★ Students' psychoeducation ★ Psychological testing ★ Psychological treatments ★ Psychological assessments ★ Trainings ★ Coaching ★ Mentorship ★ Consultation ★ Healthy nutritional supplements ★ Books ★ Psychological models

S/N	PROGRAM NAME	PROGRAM TYPE
G04.	GENERATIONAL PRODUCTION WELFARE	<p>This program is specifically made for individuals in the production industry, aiming at developing Generational Production Mindset (GPM) to them. The GPM will not only improve the productivity but also manage and sustain it for generations. The following are the constituents of Generational production welfare;</p> <ul style="list-style-type: none"> ★ Counseling ★ Generational mindset training ★ Psychological testing ★ Psychological treatments ★ Psychological intervention ★ Psychological assessments ★ Coaching ★ Mentorship ★ Consultation ★ Healthy nutritional supplements ★ Books ★ Psychological models
G05.	AFYA YANGU, AFYA YETU (MY HEALTH, OUR HEALTH)	<p>This program aims at helping individuals dealing with excessive, destructive stress. It helps through the following ways;</p> <ul style="list-style-type: none"> ★ Counseling ★ Psychoeducation ★ Psychological testing ★ Psychological interventions ★ Psychological assessments ★ Trainings ★ Coaching ★ Mentorship ★ Consultation ★ Healthy nutritional supplements ★ Books ★ Psychological models ★ Generational mindset training ★ Mindset transformation

S/N	PROGRAM NAME	PROGRAM TYPE
G06.	I AM A STAR	<p>This program is children and youth based, aiming at assisting them identify, accept and utilize their abilities for their own as well as generations' welfare and mental well-being. It aims at letting children and youths understand that they also matter and that they can make huge difference in this world. They can improve a lot of people's lives through their God-given abilities despite their age. This can be achieved by conducting the following;</p> <ul style="list-style-type: none"> ★ Counseling ★ Psychoeducation ★ Psychological testing ★ Psychological intervention ★ Psychological assessments ★ Trainings ★ Coaching ★ Mentorship ★ Consultation ★ Healthy nutritional supplements ★ Books ★ Psychological models ★ Generation mindset transformation ★ Mindset transformation
G07.	WELL BEING CYCLE	<p>This is an assistive program for individuals improving other people's lives through the service they provide. This include psychological, spiritual, social, legal as well as religious services providers. These personnel can be helped through the following ways but according to the area and mode of their service provision;</p> <ul style="list-style-type: none"> ★ Counseling ★ Psychoeducation ★ Psychological testing ★ Psychological intervention ★ Psychological assessments ★ Trainings ★ Coaching

S/N	PROGRAM NAME	PROGRAM TYPE
		<ul style="list-style-type: none"> ★ Mentorship ★ Consultation ★ Healthy nutritional supplements ★ Books ★ Psychological models
G08.	FIND ME INTO MY CULTURE	<p>This program focuses on helping individuals understand how their culture influence their psychological wellbeing. It also aim to meet and or gather people into their respective cultural areas to understand how they feel, think and behave in their culture in different situations. The find me into my culture program runs the following sub-programs;</p> <ul style="list-style-type: none"> ★ Counseling ★ Psychoeducation ★ Psychological testing ★ Psychological intervention ★ Psychological assessments ★ Trainings ★ Mentorship ★ Consultation ★ Healthy nutritional supplements ★ Books ★ Psychological models
G09.	PREGNANT WOMEN WELFARE	<p>This program is specifically designed to help pregnant women be mentally healthy for her own as well as baby's well-being. There is an unexplainable relationship between pregnant women and their unborn children, thus, mother's mental health challenges can affect her unborn child. Pregnant women can be assisted through;</p> <ul style="list-style-type: none"> ★ Pregnancy psychoeducation ★ Pregnancy counseling ★ Pregnancy psychological tests

S/N	PROGRAM NAME	PROGRAM TYPE
		<ul style="list-style-type: none"> ★ Pregnancy psychological intervention ★ Pregnancy psychological assessments ★ Pregnancy books ★ Pregnancy trainings ★ Pregnancy coaching ★ Pregnancy mentorship ★ pregnancy-psychological models ★ Pregnancy consultation ★ Pregnancy nutritional supplements
G10.	WONDERS IN TALENTS	<p>This program aims at preparing individuals accept and prove their talents for their own as well as generations' welfare and well-being. The program is also meant to prepare societies accept and cherish individuals' talents rather than criticizing and dimming them down. This is achieved through ;</p> <ul style="list-style-type: none"> ★ Counseling ★ Psychoeducation ★ Psychological testing ★ Psychological intervention ★ Psychological assessments ★ Trainings ★ Coaching ★ Mentorship ★ Consultation ★ Healthy nutritional supplements ★ Books ★ Psychological models ★ Generation mindset training ★ Mindset transformation

S/N	PROGRAM NAME	PROGRAM TYPE
G11.	PSYCHOLOGY IN REAL LIFE	<p>This is an important program that intends to know peoples' thoughts, perspectives and behaviors at different situations and circumstances of their everyday lives. It is most useful when planning to provide services to people in order to minimize the impacts of participatory poverty. The psychology in real life program is administered through the following ways;</p> <ul style="list-style-type: none"> ✧ Counseling ✧ Psychoeducation ✧ Psychological testing ✧ Psychological intervention ✧ Psychological assessments ✧ Trainings ✧ Coaching ✧ Mentorship ✧ Consultation ✧ Healthy nutritional supplements ✧ Books ✧ Psychological models ✧ Generation mindset training ✧ Mindset transformation
G12.	GENERATIONAL AND PSYCHOTHERAPY INTERNSHIP	<p>This is an internship based program which aims at creating conducive environment for internship students to gain competence on psychology and generations' concept as well as fulfilling their career goals. Internship students work in different settings depending on their areas of interest and or specialization. The settings include sober houses, hospitals, primary and secondary schools, higher learning institutions, different cultural backgrounds, to mention a few. This program involves ;</p> <ul style="list-style-type: none"> ✧ Supervision ✧ Cases discussions ✧ Cultural tours

S/N	PROGRAM NAME	PROGRAM TYPE
		<ul style="list-style-type: none"> ✧ Psychoeducation ✧ Counseling ✧ Psychological tests ✧ Psychological treatments ✧ Psychological assessments ✧ Books ✧ Trainings ✧ Coaching ✧ Mentorship ✧ Psychological models ✧ Consultation ✧ Healthy nutritional supplements
G13.	PSYCHOLOGICAL APPLICATION OF DIFFERENT SUBJECTS IN REAL LIFE	<ul style="list-style-type: none"> ✧ Psychological application of Mathematics in everyday life ✧ Psychological application of Chemistry in everyday life ✧ Psychological application of Physics in everyday life ✧ Psychological application of Biology in everyday life ✧ Psychological application of Geography in everyday life etc.

