



# Voices of Transformation

Testimonies from the Training on the Mental Health for Individual and Generation's Welfare Model



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Individual and Generation's Welfare Model**

Star of New Generation1 Limited

July, 2025

# About Us

**S**tar 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 Tumsime 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.



# About the training



***The Mental Health for Individual and Generation's Welfare Model training*** was held on 26th July 2025 at Country Side Hotel, Iringa, Tanzania, bringing together community stakeholders, mental health professionals, leaders, educators, faith representatives, and business practitioners.

The event focused on deepening understanding of emotional DNA, psychological maturity, generational patterns, and how individual mental well-being contributes to sustainable community and intergenerational welfare.

Participants were awarded Certificates of Attendance in recognition of their commitment to personal and communal transformation.

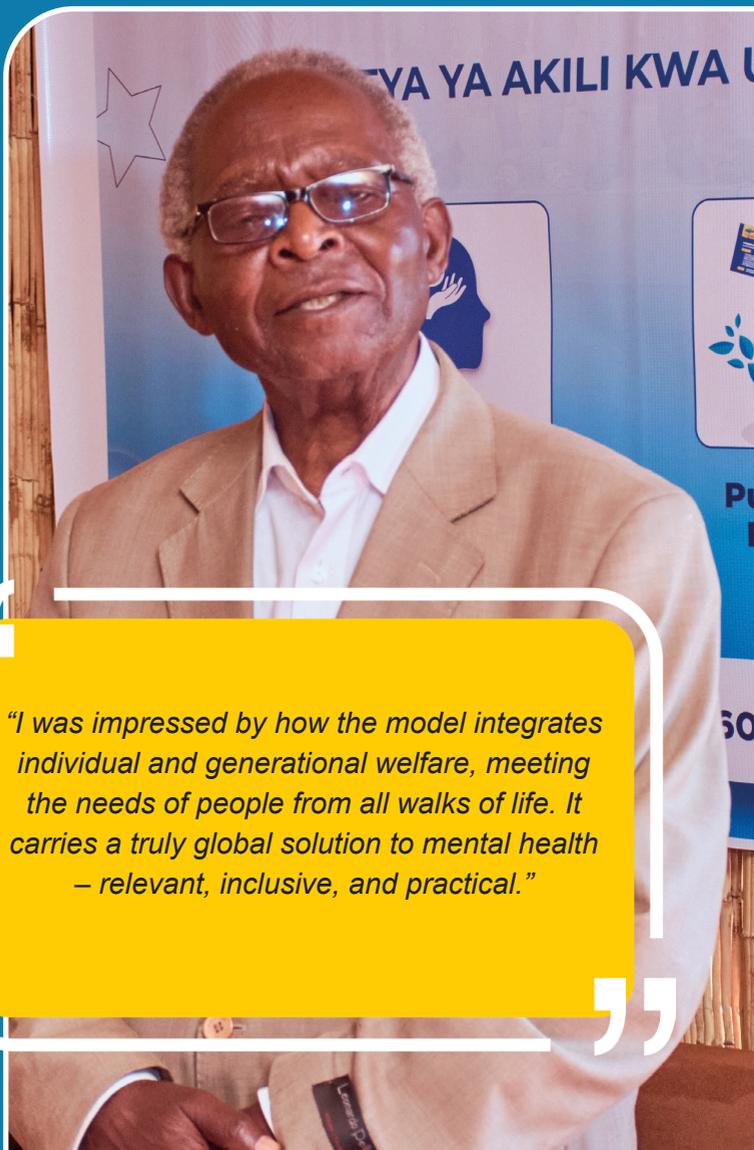
This document celebrates their voices, stories, and reflections – living proof of the power of mental health education in shaping generations.



## Mr. Samweli Kilimuhana

Mr. Kilimuhana is a retired former staff member of the University of Iringa. He is known for his contributions and is among the pioneers of the Counselling Psychology Programme at the University of Iringa, which is also the first university in Tanzania to offer such a course.

# Testimonials



*“I was impressed by how the model integrates individual and generational welfare, meeting the needs of people from all walks of life. It carries a truly global solution to mental health – relevant, inclusive, and practical.”*

## Mr. Wilbert Mpanda

Mr. Mpanda is a recovering addict and the house manager of Iringa Sober House, with more than a decade of experience in providing rehabilitation services in Iringa. His experience and expertise have contributed greatly to the collective efforts in addressing drug abuse cases among community members.



*“With over 13 years of experience in rehabilitation services, I can confidently say this training expanded my professional and personal perspective. I’m deeply grateful to Psychologist Baraka Mushobozi and the Star of New Generation1 team for the seminar held at Country Side Hotel. Learning about Emotional DNA was a completely new experience for me, and understanding ability in a deeper way changed how I work with clients. This training opened my eyes to concepts that will strengthen my service to others.”*

# Testimonials

## Dr. Dorothy Lubawa

Dr. Lubawa is a senior lecturer and the Head of the Department of Psychology at the University of Iringa, the first university in Tanzania to offer a Counselling Psychology programme.



*“The training was excellent! It embraced people from diverse backgrounds and offered highly informative, well-structured content. The quality of the session was outstanding, reflecting the facilitator’s deep expertise in psychology. The insights shared were practical and transformative since it offers knowledge that will undoubtedly benefit both individuals and generations to come.”*

## Mr. Ally Ramadhan Mashebe

Mr. Mashebe is the founder and a Licensed Tour Guide at Safari and Bush Retreats in Tanzania. He leads transformative safaris and retreats across Tanzania, blending nature, storytelling, and emotional wellness. Passionate about mental health, he promotes nature as a path to healing and personal renewal.



*“Attending this training was truly enlightening. I learned that mental health allows us to see life and challenges more clearly, which has transformed the way I lead safaris and retreats. My work has always been about emotional storytelling – creating meaningful connections between people and nature. This training reminded me that mental wellness is the foundation of everything, including how we serve others. Nature has always been a healer, and now I see even more clearly how time in the wild can be part of one’s journey to peace and renewal. The training was more than helpful to me.”*

# Testimonials

## Rev. Dr. Lechion Peter Kimilike

Rev. Dr. Kamilike is a head of Department and Lecturer at the University of Iringa, Faculty of Theology and Mission. A theologian and author with deep interest in pastoral care, counseling, and the integration of psychology and faith for holistic community transformation.



*"It was an enriching experience to attend the seminar by Star of New Generation Ltd. The model inspired me to revisit biblical teachings on the mind and love of God through a psychological lens. The training reminded me of my previous research on pastoral care, and I now see how this model can deepen our understanding of faith and healing. It was an excellent and thought-provoking seminar that bridges theology and psychology beautifully."*

## Mr. Erasto Nzogela

Mr. Nzogela is the director of FISCH Trust Tanzania (Future for Iringa Street Children), an experienced educator and counselor dedicated to strengthening families, relationships, and parenting for improved mental health and community well-being.



Testimonials

*“I am sincerely grateful for the mental health training by Star of New Generation1 Ltd. I learned how to identify mental health symptoms, recognise inherited beliefs, and understand how mindsets affect relationships and family life. These lessons have enriched my work in guiding families, couples, and children. Healthy families begin with healthy minds, and this training has given me practical tools to support that vision.”*

# Testimonials

## Mr. Denis Paulo Ndamgoba

Rev. Dr. Kamillike is the managing Director of Agree Mind Company Limited, a visionary leader passionate about mental wellness, sustainable development, and mindset transformation for individuals, organizations, and communities.



*“The training was both an honour and a revelation. The clarity, organisation, and relevance of the model reflect a deep commitment to healing minds and building resilient generations. As a leader, I see the urgent need to apply this in workplaces, communities, and investment spaces. Star of New Generation1 is not just running programmes – you are building pillars for the future. I look forward to partnering with you to promote mental wellness and generational strength across sectors.”*

”

## Ms. Grolia Aloyce Mhame

Ms Mhame is an accountant at Agreen Mind Company Limited. She is dedicated to promoting workplace wellness and interested integrating emotional intelligence and mental health awareness into financial and administrative excellence.



*“This training was profoundly enlightening. I appreciated how it connected emotional DNA, generational psychology, and workplace mental health. As an accountant, I realised that mental wellness drives productivity and clarity under pressure. Mental health is not an expense – it’s an investment in human capital. Thank you Star of New Generation1, for such visionary work.”*

Testimonials

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## Mr. Sweetbert Anselimus

Mr. Anselimus is an Assistant Lecturer at the University of Dar es Salaam – MUCE, Youth Advisor for the Being Initiative (Grand Challenges Canada), and Executive Director of the Psychosocial Welfare Organization, committed to advancing mental health, youth empowerment, and community wellbeing across Tanzania.



*“Thanks to Star of New Generation1 Ltd for uniting us – mental health professionals, educators, and social advocates – to learn a new, insightful model for addressing mental health challenges. It was truly multifaceted and transformative.”*

## Mr. Moses Jackson Mwankaja

Mr. Mwankaja is a professional psychologist dedicated to promoting mental health awareness and innovative psychological practices, known for his active engagement in community-based initiatives that enhance individual and collective wellbeing in Tanzania.



*“The launch event for the model and the new psychological laboratory was inspiring from start to finish. Learning about Emotional DNA gave me fresh insight into how our inherited emotions shape our lives. The event also created valuable professional networks and showed how innovation in mental health can truly transform individuals and communities.”*

# Testimonials

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## Ms. Winfrida Francis Magari

A Marketing and hospitality professional at Country Side Hotel in Iringa Tanzania. Within her, it resides a growing passion for mental health, dedicated to applying psychological insights to improve wellbeing in her workplace and community.

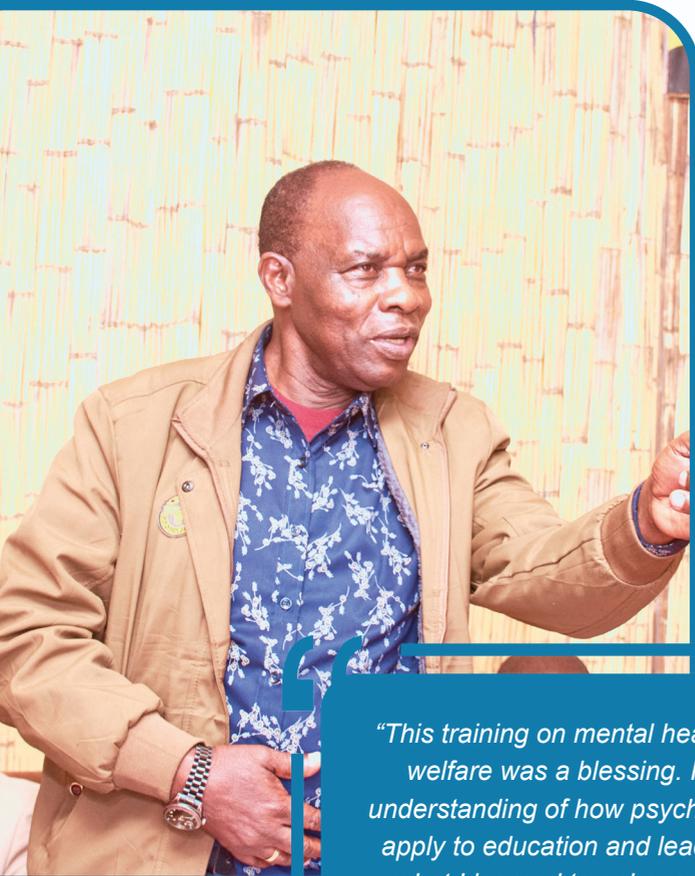


*“Although my background is in hospitality, this training taught me how to understand people psychologically and provide guidance to those struggling – from single mothers to couples and youth in debt. The lessons have not only helped me at work but also in serving my community with empathy.”*

# Testimonials

## Dr. Lucas Mwahombela

Dr. Mwahombela is a Tanzanian educator and researcher with a PhD in Education (Leadership and Gender Studies) from the University of Dar es Salaam. He lectures at the University of Iringa and has over a decade of experience in educational leadership, research, and consultancy.



*“This training on mental health and individual welfare was a blessing. It expanded my understanding of how psychological principles apply to education and leadership. I will use what I learned to enhance emotional well-being in academic settings. It was a timely and valuable experience. God bless the organisers.”*

# Testimonials

## Mr. Osmundus John Mberwa

Mr. Mberwa is an assistant lecturer, a Linguist and Researcher at the University of Iringa.



*“The topic on Emotional DNA and Psychological Patterns resonated deeply with me. It has the potential to help many people understand their inherited emotional frameworks. The seminar connected beautifully with my linguistic research, highlighting how identity and language influence our mental frameworks.”*

## Ms. Jaquiline Elias

Ms. Elias is a Bachelor's student in Counselling Psychology with a professional background as a midwife and emergency nurse, passionate about integrating psychological care into maternal and emergency health services.



*“The seminar taught me to act boldly on what I believe in, value my profession, and present it with confidence. I learned that branding your profession helps others recognise your expertise and seek your help when they need it. It was empowering and eye-opening.”*

Testimonials

# Testimonials

## Ms. Jane Hussein Mwalembe

Ms. Mwalembe is the Executive Director of Sauti ya Jamii Organization, a nonprofit dedicated to supporting children by ensuring their access to essential needs such as food, education, and healthcare.



*“Mental health for individual and generational welfare means creating lasting impact through every good action we take. Without mental wellness, no sector can truly flourish. Emotional DNA reminded me how inherited beliefs and negative mindsets affect our potential. A person who knows their strengths and uses them wisely will always succeed.”*

## Ms. Ansila Mushi

Ms. Mushi is a psychologist and consultant with Unique Child Academy and the Psychosocial Welfare Organisation, committed to promoting mental health and psychosocial well-being among children and communities.



*“This seminar was deeply empowering, especially because the model was created locally. I learned to go beyond classroom theories — to use my abilities creatively to help clients heal and grow. It’s inspiring to see a Tanzanian-designed model addressing our own community needs. This gives me pride and motivation to invest more in local innovation for mental health.”*

# Testimonials

# Closing Reflections



At Star of New Generation1 Company Limited (SNG1), we remain committed to promoting mental health, holistic wellbeing, and intergenerational welfare through our innovative psychological models, community-based programs, and professional partnerships.

The *“Mental Health for Individual and Generation’s Welfare Model”* training was a reflection of our continuous mission to build mentally healthy individuals, families, and communities that can create lasting positive legacies. Seeing professionals, leaders, and citizens from diverse fields come together to learn, reflect, and collaborate was both humbling and inspiring.

As a company, we believe that mental wellness is the foundation for sustainable development – in every home, organisation, and nation. Therefore, we warmly welcome all stakeholders, professionals, organisations, and individuals to join hands with us. Together, we can transform mindsets, strengthen emotional resilience, and nurture generations that live with purpose and wellness.



You can support & join our;

- ➔ Programs
- ➔ Projects
- ➔ Services





## Connect with us

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