

## **About us**

Mabebe Wellness & Professional Solutions is a 100% female black owned company established in 2010. The company aspires to be the drivers of the definition individual and company's longevity in their position in life and in their own context. The company was established as an entity that is geared to provide diverse services to individuals, communities, private sector clients, parastatals, municipalities, NGOs & institutions.

It adheres to the South African strategy on inclusion and diversity by employing and serving people from all cultures, race, religious groups and creed. Our company values partnerships with other spear heads in the field to promote diversity and transformation.

We provide full-service wellness and professional solutions. Our services are aimed to enhance individual's emotional, psychological, mental wellbeing and corporate productivity.

We also offer tailor made professional solutions to improve business sustainability through wellness programs, diversity, transformation, change management, skills training and gender mainstreaming.



**MABEBE WELLNESS**

**LASTING SOLUTIONS**



## **MISSION, VISION & CORE VALUES**

### **Our mission**

To improve your wellness longevity by providing tailor made professional wellness and professional solutions.

### **Our vision**

To be the masters of wellness professional solutions to improve the everyday quality of life through rendering of psycho-social services and corporate sustainability solutions.

### **Our core values**

At Mabebe Wellness & Professional Solutions we our core values are embedded in:

- Integrity
- Dignity
- Honesty
- Passion
- Dedication
- Trust
- Efficiency
- Investing in people

**LASTING SOLUTIONS**

084 208 0421 | [info@mabebewellness.co.za](mailto:info@mabebewellness.co.za) | [www.mabebewellness.co.za](http://www.mabebewellness.co.za)

5328 Southernwood Street, Brooklands Lifestyle Estate 1, Samrand, Centurion, 0157.

## **Our Experts**

Our services are driven and rendered by highly skilled professionals with dedication, integrity and high moral compass. Each of the professionals are trained, qualified, skilled and governed by relevant professional bodies. Our multidisciplinary team of professionals has successfully undertaken projects in a variety of sectors including private and public sectors. The team is made up of the following professionals;

- Psychologists
- Life Coaches
- Social Workers
- Drs (Both DPhil & Medical Practitioners)
- Counsellors
- Specialized Nurses
- Accredited Trainers



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## **OUR METHODOLOGY**

At the heart of our company strategy on delivery, is the belief that prevention is less costly than cure. We adhere to the notion that most prevention programmes are cost-effective, than treatment, and little prevention is cost-saving. Benefit/risk thresholds for prevention perhaps ought to be higher than treatment.

The company believes that to reduce the massive financial burden, we need to do more to prevent people from getting sick in the first place. Therefore the fundamental principle for our company is to empower individuals with skills to prevent them from living a compromised quality of life through a variety of illnesses and also to equip workplaces with strategies to increase productivity and sustainability.

## **OUR SERVICES**

### **Psychosocial services**

- 
- Counselling
  - Stress Management
  - Support groups
  - Awareness & Education
  - Face to Face Counselling Services
  - Critical Incident Trauma Debriefing
  - Professional line support services through a toll free line which is available 24/7/365 days per call/per person.
  - Team enrichment sessions

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### **Workplace productivity solutions**

1. Workplace sustainability strategies
  - Company strategic analysis and clinical assessment
  - Aligning health & wellness vision with overall business strategy & vision
  - Establishing a health & wellness risk profile
  - Developing company risk management strategy
2. Wellness Preventative Care Screenings
  - Smoking
  - Physical inactivity
  - Poor diet
  - High stress levels
  - Biometric screenings
  - Blood pressure
  - Cholesterol
  - Height/Weight
  - Blood glucose levels
  - Cancer Screenings
  - HIV

### **Training and life skills programmes**

- HIV & AIDS Peer Educators.
- Gender Mainstreaming
- Sexual Harassment in the workplace
- Gender based violence
- Diversity, Inclusion & Transformation

### **Coaching services**

- Executive management, senior & middle management
- Individual confidence, self-worth & self esteem
- Loving relationships that work
- The mastery of balance - juggling a life
- Self-care - getting your own needs met
- Living your purpose coaching
- Hot buttons - managing anger, upsets, frustration and stress
- Managing grief, loss, sadness and change
- Self & identity - surviving the oppressive over-culture

## **FOUNDER & MANAGING DIRECTOR PROFILE**



Mrs Mary Mabebe Kgole:

The founder of Mabebe Wellness and Professional Solutions, is a leading workplace wellness consultant, Social Worker, Life Coach and Business Sustainability Strategist.

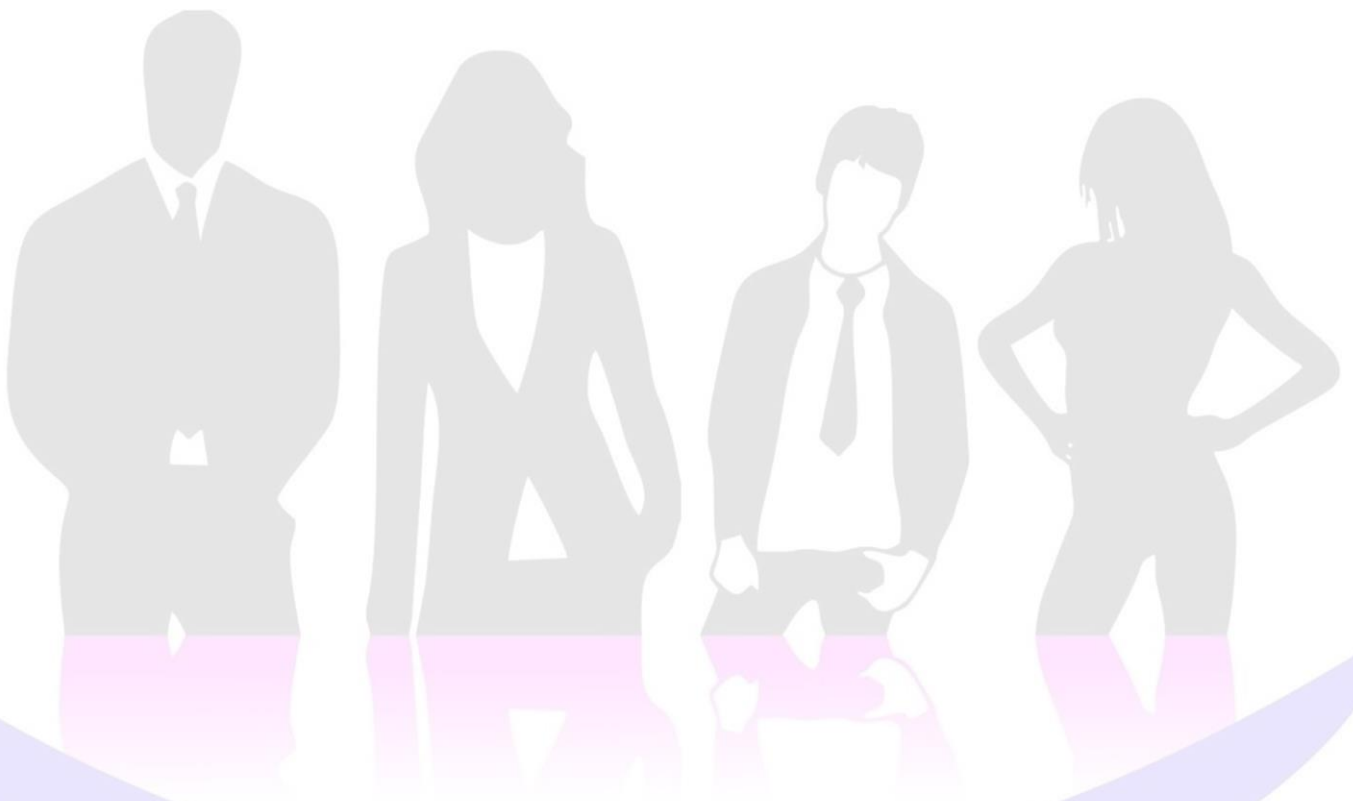
Mary Kgole is a dedicated, disciplined, passionate individual who is driven and visionary in any role. She holds a Master's Degree in Social Health and other social science and health related qualifications. She has over 20 years experience predominantly in the health sector and has acquired extensive experience in sectors of government, NGO, civil society, private and internationally based organisations. Her passion lies in working with people through a variety of modalities.

She has acquired extensive experience in development and implementation of Workplace /Corporate Wellness Programmes which. Her skills and other qualifications includes project management, programme planning, implementation and evaluation, mobilisation, workplace wellness programmes design, monitoring and evaluation, change management, stakeholder relations, amongst others. Her other attributes includes people management skills, conflict resolution, effective communication, diversity management, mainstreaming, facilitation, capacity building and skills development in addition to other work done through organizational programmes.



developments on business productivity and sustainability through workplace wellness programmes.

She is very passionate, driven, goal oriented with a strong work ethic and good moral compass.



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