



# Marketing Profile

## Intro

I am a Professional Counsellor with over 7 years' experience in psychosocial and psycho-educational support, psychometric assessments, trauma counselling, counselling intervention, and crisis management.



## **VISION**

To be a leading consultant within the human capital and wellness industry providing quality, innovative and affordable counselling services.



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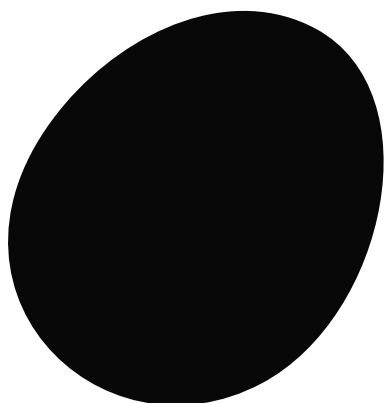
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# Executive Summary

I am Tanele Shabangu, a (HPCSA) registered counsellor. I hold a Bachelor of Social Science Honours, a BA in Psychology, a Diploma in Counselling and Communication and a National Certificate in Business Administration Services.

I am a Professional Counsellor with over 7 years' experience in psychosocial and psycho-educational support, psychometric assessments, trauma counselling, counselling intervention, and crisis management. I'm qualified and registered to practice in the fields of HIV/ADS, family counselling, trauma counselling, school counselling, community mental health, employee well-being and career counselling. I'm a flexible self motivated professional who also holds the following behavioral competencies: Collaborative, creative problem solver, analytical and intellectual curiosities. I work with children from the age of 7-14, teenagers and adults.



## Mission

To not only fulfil, but to exceed client's expectations in individual, corporate, school and organisations while delivering comprehensive human capital and wellness services to achieve competitive performance and superior mental health.

# Values



**Excellence**



**Transparency**



**Integrity**



**Innovative**



**Team Work**



# Services

## ○ Psychological Services

Psychological services are an integral component for employee wellness, individual well-being, coping with life challenges and treating mental health disorders. I am able to assess, intervene and refer for various psychological symptoms across the life span and I offer the following: –

- Individual Adult and Adolescent Therapy.
- Couples Therapy.
- Group Work.
- Trauma Debriefing.
- Life Coaching/ Personal Development.

## ○ Psychosocial Program Support

Organisations/ institutions may require additional support and training when implementing and evaluating psychosocial programs. With my combined experience of working in military and law enforcement settings, organisations, institutions and within community environments enables me to provide tailor made programs, on-going support and training for such.

This can include but is not limited to: –

- Needs Assessment.
- Program Design.
- Clinical Supervision for Mental Health Workers.
- Monitoring and Evaluation.

## ○ Employee Wellness Programs

A healthy workforce is a productive workforce hence I believe wellness should be a priority for all corporate entities. I provide needs analysis to diagnose organisations' wellness needs and tailor wellness programs to suit the specific challenges and requirements of each client's needs. My wellness interventions include employee assistance programs and wellness days that provide hands-on support and are targeted at dealing with health issues on an individual, group and or organisational level for transformed workplace health and happiness.

## ○ Training and Development

The field of Human Capital Development recognises the importance of development and growth of people in organisations for future business success and sustainability. I strive to provide rigorous training and development initiatives in order to improve employee performance by strengthening development areas, as well as leveraging on employee strengths. My training and development initiatives addresses skills gaps and play a vital role in change management, thus capacitating employees to perform optimally in their positions and adapting to changes therein (short-term), as well as equipping them to fulfil future roles (long-term i.e. succession planning). As a result, I provide courses/workshops and presentations on various psycho-education and interpersonal skills topics including the following: –

- Substance Abuse
- Stress Management
- Emotional Intelligence
- Conflict Management
- Communication/Assetiveness Skills
- Problem Solving in Teams
- Leadership Skills
- Time Management Skills
- Interview Coaching
- Gender based Violence
- Bullying
- self-esteem
- Dealing with loss
- Parenting
- Body image
- Exam stress
- Wellness facilitation on educators and workers
- Teen groups (different topics)



## ○ Other Development Initiatives

- Leadership Development Programs
  - Targeting existing and potential leaders
- Individual Development Plans
- Team Building
  - Optimising team performance and harnessing group dynamics

# Meet Tanele Shabangu

Tanele Shabangu is a registered counsellor who is registered with (HPCSA). Tanele completed a Bachelor of Social Science Honours (BPsych Equivalent) from the South African College of Applied Psychology (SACAP). Tanele is over 7 years of experience in the counselling industry. She works with children from the age of 7-14, teenagers and adults.



# Projects Undertaken



- Langebaanweg Airforce Base – (Cape Town): –
  - Teens psycho-education and psycho-social support at the military base.
- Bramely Police Station – (Bramely): –
  - Trauma counselling for all age groups of the Bramely Community.
- Bramely Primary School – (Bramely): –
  - Providing psycho-education and psycho-social support to the Bramely Primary School learners and educators.
- Langebaanweg Laer Skool – (Cape Town): –
  - Providing counselling, psycho-social support and psycho-educational programs, donations of clothes and items to underserved grade 1-7 learners at Langebaanweg Laer Skool.
- Table View Primary School – (Cape Town): –
  - Provided counselling sessions, psycho-social support and psycho-educational programs to grade 1-7 learners at Table View Primary School.
- ArcelorMittal Science Centre – (Cape Town): –
  - Facilitated wellness programs for groups of educators at ArcelorMittal Science Centre.
- Currently providing personalized counseling online via Zoom.

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**Thanks :)**

I am a collaborative and  
creative problem solver, analytical  
and intellectual curious.