



EMOTIONAL ME **CONSULTANCY**

Advisory | Mindfulness Exercises | Psychotherapy | Trainings | Workshops

www.emotionalme.co.tz

About Us

We are a passionate psychological services company. Our work is centred on advocating adoption of Emotional Intelligence into workplaces and people's day to day lifestyles in order to boost productivity and promote mental health.

Let us be part of your personal or organization's mental health support system through our services of advisory, mindfulness exercises, psychotherapy, trainings and workshops.

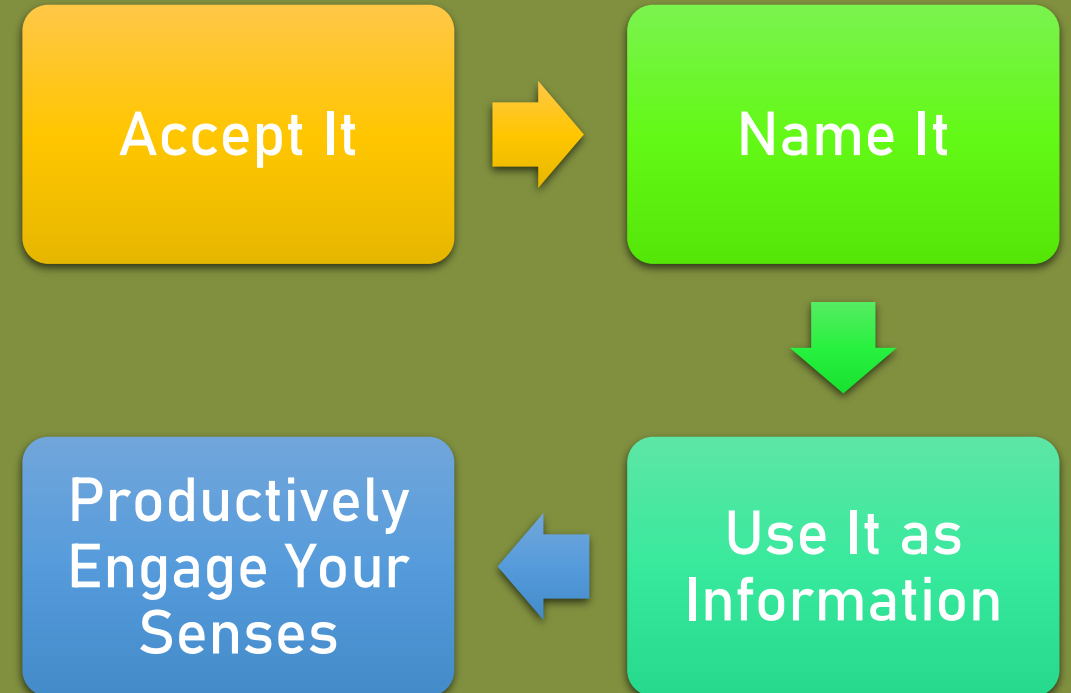
Karibu sana Emotional Me!



Our Philosophy

Awareness and Deliberation are the two key words that describe our philosophy. Awareness means identifying what works for you mentally and emotionally when navigating through psychologically challenging experiences. Deliberation is about intentionally and consistently making space for action on those things that have been identified as helpful.

How We Guide You towards Awareness and Deliberation



Our Services



Advisory

Expert guidance on how to cultivate an emotionally intelligent working environment in your workplace. Through adoption of practices that satisfy your employees' psychological needs for growth, connection, significance, variety, contribution and certainty.



Mindfulness Exercises

Practices that help you cope with life stressors, build mental resilience, focus on the present moment and develop awareness of your thoughts, feelings and surroundings and how to leverage them to boost your productivity at work and mental health.



Psychotherapy

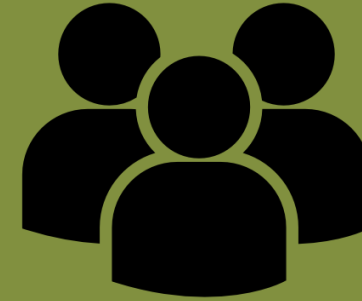
One on one counselling sessions on navigating through psychologically challenging experiences for individuals and couples.

Our Services



Trainings

A series of customized sessions on application and leveraging Emotional Intelligence in the day-to-day operations of a workplace in order to maximise productivity and promote mental health of your employees.



Workshops

Group sessions designed to explore psychological tools and practices that are useful in navigating through psychologically challenging experiences from one's personal life that are affecting and interfering with one's mental health and productivity at work.

Advisory Sessions

Get access to expert guidance on how to build systems that foster an Emotionally Intelligent working culture in your workplace. A culture that satisfies your employees' psychological needs for growth, connection, significance, variety, contribution and certainty. While promoting mindfulness, healthy coping mechanisms to pressure and stress, morale boosters & momentum builders within teams, productive conflicts, healthy competition as well as a sense of fulfilment.



Training Sessions

A lot of money, creative energy and hours of precious time can lead to more productive outcomes in workplaces through leveraging on emotional intelligence. Emotional Intelligence remedies unproductive practices like unhealthy conflicts & competitions, absence of trust, distress, cognitive distortions, inattention to tangible results, quiet quitting, lack of empathy, mental fatigue and many other which are psychological in nature and can be addressed with the practice of mindfulness and emotional intelligence.

That is where Emotional Me corporate trainings come in. They involve tailor made evidence based sessions on application of Emotional Intelligence in the day-to-day activities of a workplace.

Proposed Sessions

- 1 **EQ in Strategy Management**
- 2 **EQ in Team Management**
- 3 **EQ in Customer Services**
- 4 **EQ in Personal Effectiveness**
- 5 **EQ in Sales**
- 6 **EQ in Change Management**
- 7 **EQ in Coaching and Mentorship**

Workshop Sessions

Emotional Me workshops offer hands-on group sessions between experienced psychologists and your team members. Each session is designed to explore psychological tools, exercises and practices that are useful when navigating through psychologically challenging experiences that usually have less room to even be discussed at work but can negatively affect the focus and productivity of your team members in their work. Experiences like substance abuse, bereavement, addictions, relationship struggles, parenting stress and others depending on the needs of your team.



Our Works



<https://creators.spotify.com/pod/show/emotionalme>



<https://www.youtube.com/@emotionalmetv>



<https://www.instagram.com/emotionalmetz>



<https://emotionalme.co.tz/p/explorer-chief>



Emotional Me

EXPLORE YOUR EMOTIONAL INTELLIGENCE

Contacts



+255 767 873181



hello@emotionalme.co.tz



emotionalme.co.tz