



# COMPANY PROFILE



# Let's Talk About



**Psychological**  
Presentations



**Career**  
Development



**Person Financial**  
Management



**Mentorship**  
Programs



**Life Skills**  
Coaching



**Personal**  
Development



**Relationships**



**Team Building**



**Entrepreneurship**  
Skills



**Social**  
Presentation



**Event**  
Management



**Counseling**  
Programs

**The prominent counseling and relationship psychologist in Tanzania Dr. Chris Mauki is the founder of Christom Solutions**

## **INTRODUCTION**



The world is dynamic so as our societies and communities. The corporate world is so demanding, the quest to meet our personal as well as organizational goals, realizing our dreams and striving for legacy in turns become the source of our daily stress, confusion and frustrations. All these scenarios impact our work efficiency and productivity. By any means there must be sound measures to maintain the positive balance and improve the wellbeing. This is the reason why Christom Solutions is coming to you.

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# ABOUT US

**Christom Solutions** is the reputable company which was registered in May 2009 with a registration number 190908. At Christom Solutions we deal with;

- ✔ Providing psychosocial support services to individuals, groups, families, companies and institutions.
- ✔ Facilitating team building trainings and activities.
- ✔ Providing social and psychological presentations.
- ✔ Providing all kinds of talks and trainings that empower individuals in the corporate world, learning institutions as well as informal sector.
- ✔ Provide one to one as well as group counseling sessions.
- ✔ We have qualified expertise in areas of corporate dynamics, personal development, social dynamics, relationships issues, behavior modification, communications, retirement preparations, career development and counseling psychology e.t.c.

# Some of our services in images



01 Training

# Some of our services in images

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02

Group Counselling Sessions

# Some of our services in images

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03 Mentorship Program  
& coaching

# Some of our services in images

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04

Employees Wellness  
Programs (EWP)



# Some of our services in images

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05

Inspirational and  
Motivational Talks

## 06 Counseling

- ✓ Group counseling
- ✓ Individual sessions
- ✓ Couple sessions



NB: Each individual session is 60 to 90 minutes

# AREAS OF EXPERTIES

## TOPICS/AREAS OF EXPERTIES FOR TRAINING, COACHING AND INDIVIDUAL SESSIONS PROVIDED BY CHRISTOM SOLUTIONS UNDER DR. CHRIS MAUKI

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1. Building a character of an entrepreneur (Psychological qualities of an entrepreneur)
2. Career Development
3. Change management/Managing change
4. Communication skills and socialization
5. Conflict and conflict management
6. Corporate dynamics
7. Corporate/Professional Etiquette
8. Customer care - Building skills and competence
9. Customer care – Relationship based customer care
10. Customer care – Understanding customers' emotions
11. Customer care - The Psychology of Customer care
12. Discovering ones Potential
13. Effective communication
14. Effective goal setting and goal achieving
15. Effective interpersonal skills
16. Emotional Intelligence
17. Employee Burnout effect
18. Employee engagement
19. How to be confident at working place
20. Leadership - Innovative Leadership
21. Leadership – Result Oriented Leadership
22. Leadership - Personal Leadership

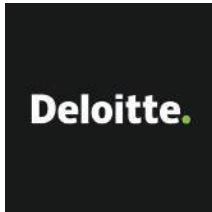


23. Leadership – Virtue Leadership (The value-based leadership)
24. Interpersonal relationships
25. Life skills orientations
26. Managing Emotions/Emotional Regulation
27. Men Awareness and Positioning topics
28. Mental Health Awareness
29. Mindset Change
30. Performance Management
31. Personal development
32. Personal transformation (Becoming a Better You)
33. Personality dynamics
34. Positive parenting
35. Selling – The Psychology of Selling
36. Retirement preparation skills
37. Self-care
38. Stress and stress management (Individual, family & occupational settings)
39. Team spirit and Team building
40. Time management
41. Wellness and Psychological wellbeing
42. Social wellbeing
43. Work – Life balance
44. Women Awareness and Empowerment topics



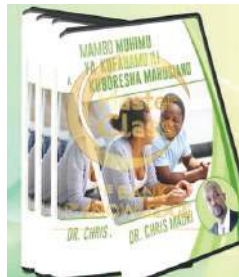
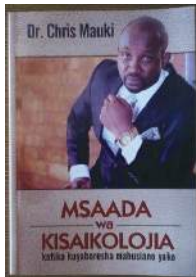
# Event Management

Christom Solutions facilitate various kinds of events including business & corporates events, such as brands/services launches, galas, cocktail parties, fundraising, exhibitions, family days, awards, press conferences and more: Some of our clients includes;



# Event Management

Christom Solutions has been participating in various media presentations, interviews on radio and TVs as well as columns on various newspapers and magazines in various psychosocial topics



Sharing our content through radio programs

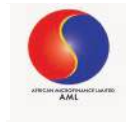


Disseminating our content via books social media, podcast and training



# List of some of our Clients

Christom Solutions has worked with a number of valuable clients who have also provided a very good feedback of the increased productivity just after our engagement with them. Some of these clients includes;



## International **consultancies**



**Christom Solutions** provides psychosocial consultancy to ICAS International (An independent Counseling and Advisory Services) the world's leading provider of behavioral risk management services to business communities, based in Johannesburg SA. In Tanzania we consult organisations such as vodacom, Stanbic bank, Multichoice-DSTV, JTI-TCC, and NBC Bank.



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Don't give the  
**best to others**  
and give the  
rest to those  
you love



**Dr. Chris Mauki**



**P.O. Box 35123, University Road (Survey),  
ESAURP Village, Dar Es Salaam, Tanzania  
Plot No. 247/1,**



**0713 407 182 | 0658996262**