



INSIGHT WELLBEING COMPANY PROFILE

Insight Wellbeing P/L is established on the principle of balance in all things, especially the psychological events and spaces; *“in all good is bad, and in all bad is good”*. We therefore seek to help establish such balance which provides meaning and stability, establishing balance of their World’s Perspective - Hence the logo.

We aim to help individuals, couples, families, groups and organisations learn to choose how to manage their emotions and address problematic thoughts and behaviours.

VISION

- To be the leading Psychological and Mental Wellbeing Services Provider in Zimbabwe and the region, that provides accessible services to the people.
- A world that understands human behaviour and all its facets; mental presentations and knows how to respond to them in the most constructive and productive of ways.

MISSION

1. Establish a holistic care provision for all psychological disorders and mental health presentations to ensure a deeper understanding of the coexistence with physical health and moral/social ills. The overall Psychological aspect will help explain all types of individual and group behaviours.
2. Provide the best talk therapy platforms to manage thoughts, emotional and behavioural difficulties to enhance function and productivity across a wide range of spectrums.
3. Establish safe talking spaces for individuals, couples/families and groups and communities, most importantly provide a psychologically safe society.

OBJECTIVES

- Lead on the psychological care standards across Zimbabwe and the SADC region.
- Facilitate training and awareness to demystify mental health and eradicate stigma.
- Establish formal and informal spaces to attend to the mental needs of the people.
- Provide intensive and integrative talk therapy platforms to understand mental health.
- Support legal and justice institutions with understanding and applying effective remedies to criminal behaviours.
- Put a stop to the passing on of psychological traumas from generation to generation that worsen off the moral fabric of our communities.

VALUES

1. Uniqueness of the Individual Approach
2. Empathy and Dignity of the Person.
3. Cultural Sensitivity and Collective Pride.
4. MultiDisciplinary Working.
5. Innovation and Development.
6. Holistic Well-being.
7. Above all, Balance.



OUR SERVICES

Insight Wellbeing offers a wide range of psychological and mental health support and interventions for individuals, couples, families, groups and organisations.

Our services are divided into 4 areas;

1. **Psychological Trauma Specialism**, where we provide support and treatment for those who struggle with Traumatic experiences, either in civilian spaces or in military or as a result of occupational hazards that mainly affect frontline personnel in other public services ie the Police, Fire Service, Doctors and Nurses, Paramedics and all types of first responders.
2. **Forensic Psychology Consultancy**, here we provide consultation in Forensic psychology activities. This involves those in conflict with the law, and going through the justice system for a number of reasons. Our assessments and reports seek to advise the Police on how to support and process an offender or accused person, the courts in understanding the reasons behind their offending, thereby providing for the most appropriate disposal. This is done through a number of avenues that include expert witnessing and profiling among other interventions. We also help in crisis management and peace building, including hostage situations and crime analysis that help inform crime prevention. We also support the prisons and correctional facilities to identify Dangerous and Severe Personality Disorders and Psychopathic inmates and how to manage them, through the work of the Clinical Psychologists. In order to provide a holistic service, we also provide for victim support and provision of victim impact statements.
3. **Mental Health Service Provision**, this we do on an outpatient level, although we may recommend inpatient care for those at risk to self and or others. These are provided through: Mental Health Counselling and Psychotherapy, Community Engagements and Addictions. These include face to face or virtual individual, couple, family or group therapy. These aim to help with the management of stress, anxiety and mental distress, including depression especially since COVID-19 and other prior catastrophes. The Organization focuses on support of adults (couples, groups, teams) and families to ensure a more stable and balanced community that understands mental distress and knows how to intervene. We offer outpatient consultations, and substance use treatment advice services.
4. Lastly, we provide in-depth **Training and Development Packages** to capacitate already existing establishments in private, public and voluntary sectors including educational institutions and faith based organisations. These include assessment of risk to self (Suicide and Deliberate Self-Harm DSH), Handling and Management of people suffering from Mental Disorders/Illnesses. These packages are backed by strong research conducted locally and adopting each community's values and ethics.



“Your World’s Perspective in BALANCE”

All our mental health interventions are evidence-based that combine talk therapies and psychosocial support to either prevent deterioration (counselling) in mental distress or to remedy (clinical) where disorder and or illness has occurred. The forensic aspects also seek to help reconstruct the crime, and predicting the future to prevent reoffending.

Insight Wellbeing P/L was founded on the principle that Mental Wellbeing is something to be maintained; taken care of and nurtured like physical health. Our interventions are aimed at the individual to ensure that once stable, he/she will be able to contribute and collaborate with others to achieve wider goals, for we are as strong as our weakest link.

We also utilise technology to help support our clients with much needed affirmation messages and prompts to carry out their homework tasks to enhance their therapy experience.

GENERAL BUSINESS INFORMATION

- Business Name: INSIGHT WELLBEING PRIVATE LIMITED
- Registered Address: 2383 UMZI, GLENDALE, ZIMBABWE
- Office Address: 10 Pevensey Road, Highlands, Harare.
- Phone Number: 0775 483 749 / 0717 286 393
- Contact Person: MERTHA M NYAMANDE, 0775 483 749,
- Website Address: www.i-wellbeing.weebly.com
- Email: insightwellbeing.mo@gmail.com

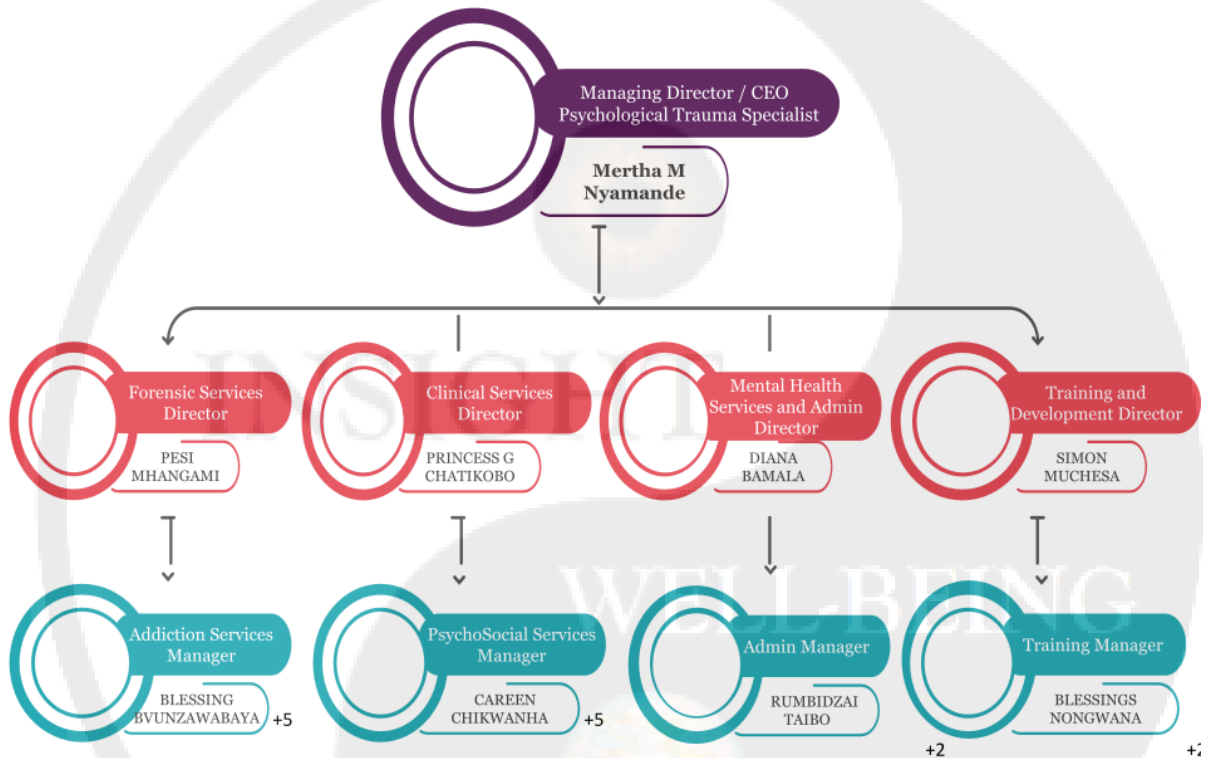
BUSINESS DETAILS

- **Date of Creation:** Registered in Zimbabwe on 23 SEPTEMBER 2022.
- **Main Areas of Activities of Business:**
 - FORENSIC PSYCHOLOGY AND MENTAL HEALTH; CONSULTANCY, TRAINING, TALK THERAPIES AND DISTRESS MANAGEMENT
- **Main Products:** PSYCHOLOGY, MENTAL HEALTH, TRAINING, BOOTCAMPS
- **Main Services:**
 - CONSULTANCY, TRAINING ACTIVITIES, INDIVIDUAL, COUPLE/FAMILY GROUP AND COMMUNITY INTERVENTIONS/ENGAGEMENTS
- **Principal Customer Industries and Geographies**
 - Serving the people of Zimbabwe with Psychological and Mental Health needs, including Addictions and key populations. We are particularly engaging statutory, Private and Voluntary entities. Currently capacitated to serve the capital city - Harare and Bindura, but aim to provide our services to the whole of Zimbabwe and the SADC region.



BUSINESS CAPACITY

Human Resources - Business Organization



Number of Employees, Consultants and Volunteers = 52.

STAFF PROFILES

1. Mr Mertha M Nyamande - CEO and Managing Director

1.1. Miss Diana Bamala - Administrator & Community Care and Support Director

1.1.1. Miss Rumbidzai Taibo - Admin Manager

1.2. Mrs Princess Chatikobo - Clinical Services Director

1.2.1. Ms Careen Chikwanha - Psychosocial Services Manager

1.3. Mr Pesi Mhangami - Forensic Psychology Director

1.3.1. Mr Blessing Bvunzawabaya - Addictions Services Manager

1.4. Simon Muchesa - Training and Development Director.

1.4.1. Blessings Nongwana - Training Manager



“Your World’s Perspective in BALANCE”

FINANCIALS

· Financial Circumstances of Business.

10%	10%	Energy Bills
10%	10%	Business Travel and Subsistence - Transport; fuel and fares
10%	10%	Business Rents and rates; inc Director’s homes
10%	10%	Clothing and Uniforms including Marketing and Branding
20%	10%	Salaries
	10%	Salaries
40%	10%	Company account and Taxes
	10%	Company account and Taxes
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TECHNICAL AND LEGAL

Company Capacity for the Project in Terms of Qualifications and Certifications.

Insight Wellbeing employs a wide range of professionals, making up a powerful and effective multidisciplinary team that provides an integral and holistic approach to all our clients.

OTHER

- **References or Success Stories**

INSIGHT WELLBEING PRIVATE LIMITED was established in 2009, in the UK and has successfully completed various contracts within the NHS and the UK MINISTRY OF DEFENCE among other private contracts.

In 2022, Insight Wellbeing became registered in Zimbabwe, becoming an International corporation. Since 2020, our key personnel have consulted for local organisations in Zimbabwe, including, Pamumvuri PVO, Mubatirapamwe Trust, Second Chance Foundation, and has also worked closely with various government departments including Ministry of Health (Mental Health Department) together with the Special Mental Health Initiative (SMHI) supported by the World Health Organisation, President’s Department and the Police as well as the Prisons and Correctional Services, Courts and the Parliament.

Insight Wellbeing has also become instrumental in the Inter Ministerial Taskforce on Drugs and Alcohol, supporting the establishment of the first ever government Drug and Alcohol Rehabilitation in Bindura, and is working to assist other provinces establish similar facilities.

Thank you for your consideration. We would be honoured to serve.