

Staff Testimonials

“Amani Counselling Centre and Training Institute”, Kenya

1) Name: **Ms. Eddah Kabiru**

Position: **Counsellor & Trainer at Amani Counselling Centre and Training Institute, Kenya**



I, Eddah Kabiru am a counsellor/ trainer with 7 years' experience in Amani Counselling Centre and Training Institute. Recognized skills in counselling, Student & Corporate, Employee Assistant Program (EAPs) training in diverse team projects.

Education: I possess a degree in Leadership & Management, Post Diploma Certificate in Trainer of Trainers, Counselling Supervision, Trauma and Debriefing, Diploma in Counselling Psychology with Seven years' experience teaching students, Corporates, Government Agencies, Public Benefit Organizations and communities. A recognized member of Kenya

Counsellors and Psychologist Association. A trainer registered by TVETA, NITA & MOE.

Professional Experience: My role at Amani Counselling Centre & Training Institute as an Outreach & Short Courses Coordinator is tailor making and organizing training workshops, seminars and short courses in different organizations and institutions in response to societal needs. Through the Employee Assistance Programs, we address an array of life challenges before they become distraction that affect home life as well as work performance.

The program primarily deals with individuals, group and family counselling on diverse issues such as: Disease management (alcohol, HIV/AIDS and other health issues), Stress management, Work-life balance, Conflict management, Trauma debriefing, Change management, Financial wellness among others.

Self-compassion as an intervention will assist me and my clientele in managing their life well in the above areas. Taking care of oneself would be useful and help one in becoming more productive and ensure one enjoys life better and gets an opportunity also to exploit their life potential. By acquiring self-compassion knowledge, skill and technique, it will increase my motivation, reduce mental health problem and foster resilience as a practitioner. An opportunity to attend this program will be highly appreciated.
