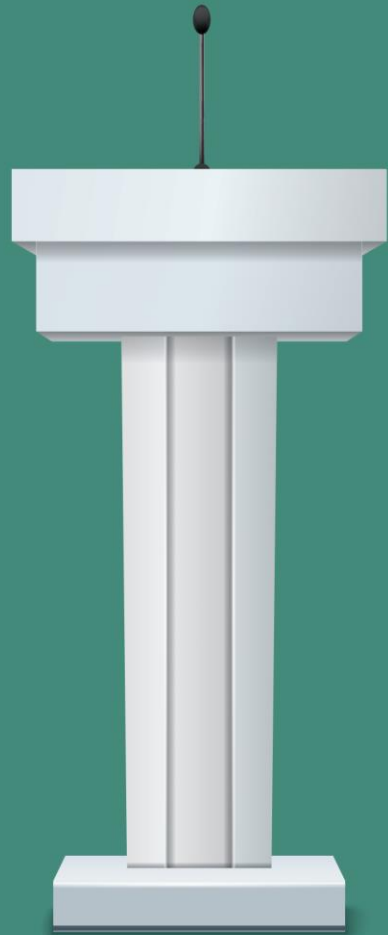


CHRISTOM SOLUTIONS



Company
Profile

PSYCHOLOGICAL
PRESENTATIONS

COUNSELING

ENTREPRENEURSHIP
SKILLS

SOCIAL
PRESENTATIONS

EVENTS
MANAGEMENT

PERSONAL FINANCIAL MANAGEMENT
(Psychological perspective)

CAREER
DEVELOPMENT

PERSONAL
DEVELOPMENT

LIFE SKILLS
COACHING

RELATIONSHIPS

TEAM
BUILDING

MENTORSHIP

About us

Christom Solutions is the reputable organization registered in Tanzania with certificate of registration number 190908 under the business registration ordinance Cap 213. The organization was established in 2019 in Dar Es Salaam serving private, public and non government sectors

Our Vision: Promoting personal and organizational excellency

Our Mission: To provide quality learning and development solutions, Human Resource Support, Management Consultancy and Psychological services to enhance personal development and organizational productivity.

Our Values: Integrity, Excellency and inclusivity

Our offices are located in ESAURP Village, Plot No. 247/1, P.O. Box 35123, University Road (Survey) Dar es Salaam, Tanzania. Our official communication details are via email info@christomsolutions.com and mobile +255 713 407182

CAPABILITY STATEMENT

We have a wealth of hands on experience and best positioned to support small, medium and large size businesses in training and development, team buildings, human resource support, management consultancy and psychosocial services. We understand the local business and social/culture environment and have track record in this market . We use internationally proven methodologies, techniques and tools that allow us to deliver quality products and services to our valued clients.

OUR COMPETENCES

- Training and Development
- Psychosocial Services
- HR Support
- Management Consultancy
- Employee Assistance Program (EAP/EWP)



Our products and services:

- Training and Development
- Team Buildings
- Human Resource Support
- Management Consultancy
- Psychological services
- Employee Wellness Programs (EWP/EAP)
- Facilitation Services
- Event Management Services



TRAINING AND DEVELOPMENT

Corporate Trainings

- Effective Communication
- Sales and Marketing
- Effective Leadership Skills
- Customer Service and Customer Experience
- Project Management
- Excel Training
- Emotional Intelligence
- Entrepreneurship
- Stress Management
- Retirement Transition
- Work life balance
- Managing people
- Employee Motivation
- Performance Management
- Personality Dynamics

HUMAN RESOURCES SUPPORT

- Work force planning
- Organizational structure review
- Development of Human Resource Manuals
- Psychometric Assessments
- Job Analysis and Job Evaluation

PSYCHOLOGICAL SERVICES

- Individual Counselling
- Group Counselling
- Couple and Family Counselling
- Coaching and Mentorship
- Behavior Modifications
- Alcoholic and substance abuse test

EXPERIENCE

- The Aga Khan University Staff. Three days training on Team building and personality dynamics in a place of work, at Tanga Beach Resort
- Uongozi Institute- *Team building sessions for selected Government Boards.*
- Sightsavers International. Training on Team building, change management, personality dynamics and stress management. Naf Hotel Mtwara
- Mart Networks- *Team Building and Bonding games for Major Clients*
- Training on team building and change management. WHO staff retreat at Sea Cliff Hotel, Zanzibar.
- Team building training with Letshego Tanzania (FAIDIKA)
- PPF Annual stakeholder's conference at AICC Arusha. Presentation on Preparation for retirement
- NSSF Annual conference at AICC Arusha. Presentation on Preparation for retirement
- Umoja Switch Banks' MD's and DG's seminar. Mount Meru Hotel Arusha. Presentation on Stress and stress management
- MICROF banks and medium financial facilities conference. Livingstone hotel Bagamoyo. Presentation on Stress and stress management

EXPERIENCE

- Training on Child resilience in marginalized communities. Port Elizabeth. South Africa
- National Audit Staff and Management training. JK Nyerere International Convention Centre. Training on Managing team Stress and stress management
- Training on customer care for PSPF staff. Golden Jubilee Tower
- Presentation on stress management to the District commissioners. Seminar organized by PSPF. Golden Jubilee Tower
- Training on Career counseling and Career Development with TIGO staff: TIGO Headquarters
- Presentation on “Dealing with change after retrenchment” with AAR Insurance staffs
- Training on Self – confidence and self-awareness at SATF (Social Action Trust Fund) Beneficiaries Workshop: YMCA Moshi
- Life skills & preparation for retrenchment: ACACIA (Buzwagi Mine)

Some of our services in images

✓ Training



Some of our services in images

✔ Group counseling sessions



Services Cont.

✓ Mentorship Program & coaching



Services Cont.

✓ Employees Wellness Programs (EWP)



Services Cont.

✓ Inspirational and Motivational Talks



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;

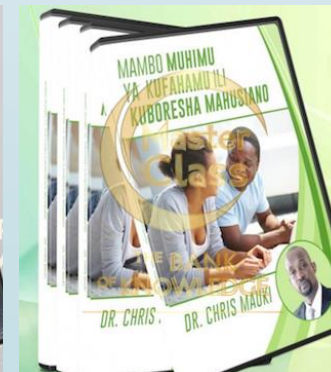
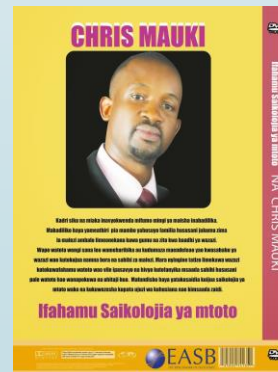
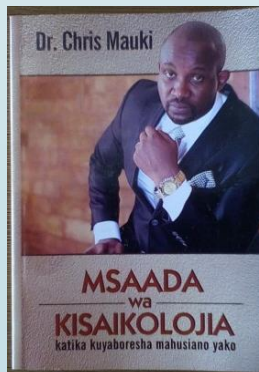


MEDIA PRESENTATION

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, audio CD's and DVD's

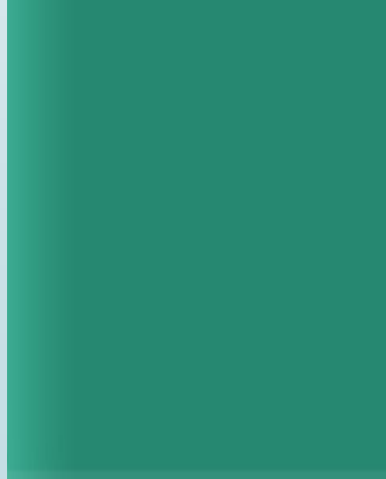
CLIENTELE

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





INTERNATIONAL NETWORKS & CONSULTANCIES



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.

The background features a complex geometric design. It consists of several overlapping shapes: a large teal triangle in the top-left, a black triangle in the top-right, a white trapezoidal shape in the center, and a teal trapezoidal shape in the bottom-right. The shapes are layered, creating a sense of depth and movement.

Thank you