

# GULF GOOD VIBES ANNUAL REPORT



## 2025



The year 2025 has been a transformative period for Gulf Good Vibes. Marked by significant growth, bold initiatives, and a renewed commitment to uplifting communities across the region. As we present this Annual Report, we reflect on a year defined by impact, innovation, and collaboration. Our mission to inspire positive change has guided every project, partnership, and milestone achieved throughout the year.

# ABOUT GULF GOOD VIBES



Gulf Good Vibes is a community-driven initiative dedicated to promoting mental wellness in Qatar and beyond. We have worked tirelessly to create safe spaces for dialogue, awareness, and support around mental health.



## OVERVIEW

Since 2024, under the esteemed patronage of His Excellency Ambassador Mohamed Nur Adan, the Kenyan Ambassador, Gulf Good Vibes has organized numerous community events and training sessions focused on mental wellness awareness.

These efforts have been made possible through the unwavering support of the CEO of the Workers' Support and Insurance WSIF Mrs. Kholoud Al-Kubaisi, MoPH) and in collaboration the International Labour Organization (ILO), and ITF partners, ensuring that our programs reach diverse communities and foster meaningful impact.

Together, we have built bridges, inspired change, and created a foundation for a healthier, more inclusive future. This report celebrates your support and the milestones we achieved—because every success is a shared success.



## LETTER FROM THE TEAM

Together, we look ahead with optimism and determination as we continue spreading good vibes throughout the Gulf and beyond.



# SPECIAL THANKS TO OUR PARTNERS

We extend our heartfelt gratitude to all partners, supporters, and champions who made this journey possible: Government & Institutional Partners

- Ministry of Public Health (MoPH) National Mental Health Program
- Dr. Qusai Harahsheh – Senior Mental Health Programs Specialist
- Nour Jabbour – Mental Health Specialist Workers’ Support and
- Insurance Fund Mrs. Kholoud Al-Kubaisi – CEO International
- Labour Organization (ILO) Michail Kandarakis – OHS Technical
- Specialist Zienab Anwar – Program Officer Office of the
- Undersecretary, Ministry of Labour Saleem Al Mohannadi World
- Health Organization (WHO) Dr. Rayana Bou Haka – Country
- Representative Healthcare Partners Hamad Medical Corporation
- (HMC) Iain Tulley – CEO Mental Health Katja Warwick-Smith –
- Assistant Director, Clinical Services, National Mental Health
- Helpline
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- Idris Fornah
- Strong ManGym and Martial Arts
- Saddam Hussein Alwashdh • CoAfrican Unite Qatar • Nigeria Community in Qatar • Kenya Community in Qatar • BWI • The Green Masai Group • Recordon Studios • Treffen House Hotel • Training & Event Partners • Alburaque Consultancy • Flourishing Minds Clinic • Global South Arts and Health
- Volunteers & Champions • MoPH Champions • Buddies • Dedicated professionals and volunteers who gave their time and expertise • Frank Dizon Film's • Lindsey Photography • Jonathan Page

Tagline for the Report: “One Buddy at a Time – Promoting Wellness, Breaking Stigma, Providing Support.”



# JANUARY HIGHLIGHTS



# 2025



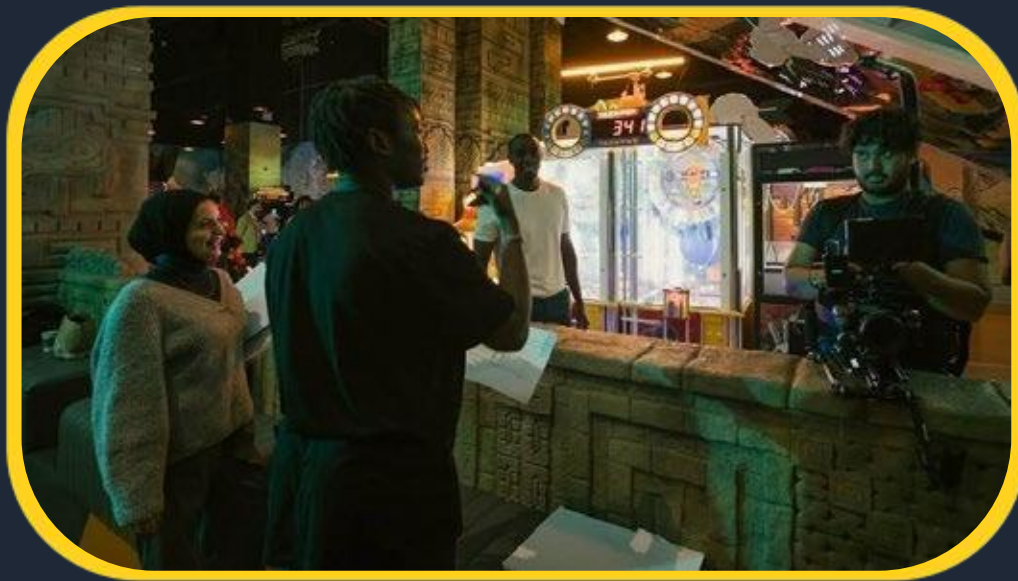
# THE RAGE FILM PRODUCTION



# THE RAGE FILM PRODUCTION



The RAGE film production, aimed at breaking the stigma around mental wellness, has been a huge success, thanks to the dedication and hard work of everyone involved. Gulf Good Vibes proudly supported the North West University's Mental Wellness Film by mobilizing volunteers to feature as cast extras, contributing to this impactful project. A heartfelt thank you to the incredible volunteer team led by Annie, Rutendo, Trish, Felix, Wyclief, Denise, Maggie, Mark, Mapetco, and the Desert Vibes Team. Your commitment, including several late nights, played a key role in the success of the film. Special honors go to the team that spent the night supporting the production, ensuring everything ran smoothly. To Producer Kenga and Omar, supported by the energetic Asma, and the amazing coordination by Eric, we express our deepest appreciation for your leadership and support. We look forward to seeing the final film, featuring our stars Leshamta Maina and Felix Muraya are the best appreciate the dedication each of you showed and w impressed by your perfor- mances., as it brings attention to the vital conversation around mental wellness.



THE YEAR BEGAN WITH STRATEGIC PLANNING AND COLLABORATION MEETINGS THAT SET THE FOUNDATION FOR GULF GOOD VIBES' 2025 INITIATIVES.

15TH  
JAN



**Event Name**

Mind Mapping meeting with Mental Health professionals

**Venue**

Gulf Business Centre  
Muntaza

**Remarks of Discussion**

Gulf Good Vibes recently held Mind mapping meetings with Mental Wellness Professionals, Community leaders and strategic partners pivotal team meetings was to Draft and finalize strategies and preparations for upcoming mental wellness initiatives. The meeting focused on strengthening collaborations with key partners, including the International Labour Organization (ILO), Ministry of Labour, and Ministry of Public Health (MoPH).

- Presentations from Felix Cheruiyot, Team Leader, Gulf Good Vibes, Vision GGV 2025, the structure of the MOPH champions training, and the draft strategy document
- Presentation by Poonam Shahadeo on SWOT analysis for a community buddy program.
- Presentation from Trish Bedford on buddy supervision framework  
Drafting of the GGV Annual Calendar

# "Building Resilience: A Research-Driven Approach to Employee Mental Wellness"

## Learning Objectives

The session aims to provide evidence-based insights into mental wellness and employees' well-being programs, their importance in the workplace, and actionable strategies that organizations and individuals can implement to promote psychological well-being.

## Presentation Title:

Building Resilience: A Research-Driven Approach to Employee Mental Wellness

## Target Audience:

- HR Professionals
- Workplace Wellness Coordinators
- Team Leaders & Managers
- Occupational Health & Safety Officers
- Workers across various sectors (Healthcare, Manufacturing, Tech)

## The Key Topics and subjects that we covered in the topic include:

1) Understanding Mental Wellness at Work (There is no health without mental health). 2) Employee Well-being and Mental Wellness: Terms and Definitions (Employee wellbeing, wellness, psychological safety, Resilience in the workplace, peer support program, Safe Workplace Climate, Vulnerable populations). 3) Introduction to a Healthy and Safe Work Climate 4) Why Mental Wellness Matters: Research-Backed Insights 5) The Science Behind Stress and Burnout 6) Exploring the Factors That Influence Mental Wellness at Work. 7) Clarifying Industry-Specific Mental Health Challenges 8) Evidence-Based Stress Management Techniques. We highlighted the most effective and

applicable methods, which are:

- Peer support program to reduce feelings of isolation. Cognitive restructuring:
- Cognitive behavioral therapy (CBT) techniques to improve coping skills.
- Employee Assistance Programs (EAPs) provide confidential counseling services.

9) Promoting Work-Life Balance

10) Creating Psychologically Safe Workplaces

11) Accessing Mental Health Resources

12) Leadership's Role in Mental Wellness

13) Exploring the best way to measure the Impact of Wellness Programs.

## Recent Studies & Data (2020–2024):

1) WHO (2023): \$1 invested in mental health yields a \$4 return in productivity 2) Deloitte

Human Capital Trends (2023): 76% of employees experience burnout at least sometimes

3) CDC (2023): Healthcare workers report the highest rates of anxiety/depression 4) APA

(2024): 81% of employees consider workplace mental health before accepting a job 5) NIOSH

(2023): Long working hours linked to increased depression risk (+50% %)

**Event Name**

Strategic Collaboration  
Communication

**Venue**

Email

# 21ST JAN

**Remarks of Discussion**

The detailed calendar and strategic planning document were formally shared with the Ministry of Public Health (MOPH). The documents outline the proposed activities, timelines, implementation approach, and key objectives, ensuring alignment with MOPH priorities and expectations. This sharing marked an important step toward transparency, coordination, and collaborative planning for effective program execution

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**Event Name**

Mind Mapping with Mental Health Professionals

**Venue**

Gulf Business Centre,  
Muntaza

**22ND  
JAN**



**Remarks of Discussion**

Review and compilation of the annual calendar of activities by the Adhoc committee to track the implementation of the 2025 calendar activities

11 Attendees

**23RD  
JAN**



## **VIRTUAL MEETING**

### **Venue**

online

GGV team

### **Attendee**

✉ Michail Kandarakis ILO

Felix Cheruiyot

Poonam Shahadeo

Ann Wanyeki

Joyfinn Muthoni

Ehab Medhat

### **Remarks of**

### **Discussion**

An online meeting was held with Michail Kandarakis from the International Labour Organization (ILO) to review and discuss the strategy document in detail.

# FEBRUARY HIGHLIGHTS



# 2025



# MIND MAPPING (GULF GOOD VIBES)

# 1ST FEB

## Venue

Gulf Business Centre,  
Muntaza

## Attendee

Personam Shahadeo Felix  
Cheruiyot Ehab Medhat  
Trish Bedford Nuria  
Belenguer - ITF Country  
Representative Joyfinn  
Muthoni

## Remarks of discussion

The meeting focused on strategic planning for engagement with the ILO, exploring potential collaboration opportunities with the ITF, and reviewing and aligning on the proposed strategy document.



Special thanks to those who represented the team

# AI IN HEALTH CARE INNOVATION

# 2ND FEB

## Venue

the Lincoln University of  
Business management Health  
Innovation Forum

## Attendees

Felix Cheruiyot  
Joyfinn Muthoni  
Ehab Medhat  
Maureen Makau  
Amit Twally



## Remarks of Discussion

It was enriching to gain insight from industry professionals on the progress Qatar and the global health care community is making with different applications of AI. A Lovely meeting with Dr Amr Metwally discussing the onset of AI in health care innovation. The Health Innovation Forum was an incredible gathering of thought leaders, researchers, and healthcare professionals, all dedicated to shaping the future of healthcare through innovation. A key highlight was the insightful session by Amr Metwally, who is spearheading innovation and research Globally



# MENTAL HEALTH PLANNING MEETING WITH THE ILO

Venue

UN offices, Lusail

Attendees

10 Attendees

6T  
H  
FEB

## Remarks of Discussion

Formation of the mental wellness working group led by the ILO in collaboration with GGV and other actors Discussion on the consolidation of annual Mental wellness calendars Adaptation of the National Buddy program strategy as a Joint working document Discussions on other possible areas of collaboration with the ILO

GULF GOOD VIBES, SUPPORTED BY MOPH,  
IS PLEASED TO INVITE YOU TO AN EXCLUSIVE

# WORK-LIFE BALANCE & MENTAL WELLNESS PEER PROGRAM TRAINING

**Kholoud Saif  
Abdullah Al-Kubaisi**

Executive Director  
Workers' Support  
and Insurance Fund



**Michail Kandarakis**

ILO Technical Specialist on  
Labour Inspection and OSH



**Sai Harahsheh**

Programs Specialist-MOPH  
Mental Health Program  
Sharing insights on  
Work-Life Balance.



**Lyndah Jakandang'o**

Social Scientist/Psychologist  
MHPSS & PSEA Expert,  
guiding us through Community  
Peer Mental Health  
Support Programs.



**Idris Fornah**

Director of Operations &  
Quality Improvement  
Care Quality Improvement Ltd  
Clinical Nurse Specialist-  
Mental Health and Learning Disability;  
Certified Health and Fitness Coach  
Empowering Community Mental Health:  
A Nurse-Led Holistic Intervention  
and Wellness Buddy Program\*



**Dr. Abdul Lateef Ajiba**

Occupational safety professional  
and President of the Nigerian  
Community in Doha.  
Integrating Mental Wellness into Work  
Safety for Better Work-Life Balance

The Community Mental Wellness Work-Life Balance & Peer Support (Buddy Program) Training was organized to address critical issues surrounding mental wellness, work-life balance, and the role of peer support in enhancing community well-being. The training focused on equipping participants with essential skills to support mental health initiatives within their organizations and communities.



**TREFFEN HOUSE**

# WORK-LIFE BALANCE & PEER SUPPORT (BUDDY PROGRAM) TRAINING.

14T  
H  
FEB



## Venue

Treffen House Hotel,  
Musheireb

## Attendee

- Saleem Darwish Al Mohannadi – Office of the Undersecretary, Ministry of Labour
- Mr. Kholoud Al-Kubaisi – CEO, Workers' Support & Insurance Fund (Chief Guest & Keynote Speaker)
- Michail Kandarakis – ILO Technical Occupational Specialist

## Remarks of Discussion

The event was supported by the Ministry of Public Health (MOPH), gathered mental wellness professionals, community leaders, and key representatives from the Ministry of Labour, the Workers' Support and Insurance Fund, and the International Labour Organization.

- Dr. Qusai Harahseh (MOPH): Work-life balance
- Lyndah Jakandong'o: Community peer support programs
- Idris Fornah: Nurse-led peer support programs
- Michail Kandarakis (ILO): Labour and worker welfare insights
- Dr. Ramy Rofail & Raya Halabi (WHO): Global mental health perspectives
- Ademola Kazeem (UNHCR): Community engagement and support

**3. Key Attendees & Partner Organizations** The training brought together a diverse group of professionals and representatives from key organizations, including: **Keynote Speakers & Distinguished Guests:**

- **Mrs. Kholoud Al-Kubaisi** – CEO, Workers' Support and Insurance Fund (Chief Guest & Key note Speaker)
- **Saleem Darwish Al Mohannadi** – Undersecretary, Ministry of Labour • **Michail Kandarakis** – Technical Specialist, International Labour Organization • **Dr. Ramy Rofail** – Public Health Officer, WHO UNV • **Miss Raya Halabi** – Technical Officer, WHO
- **Dr. Qusai Harahsheh** – Health Programs Specialist, Ministry of Public Health
- **Kazeem Ademola** – UNHCR Community Representative

**Participants** A total of **29 participants** attended, comprising mental health professionals, occupational safety managers, community leaders, educators, and corporate representatives.

Attendees had the opportunity to engage in knowledge-sharing and networking throughout the event.



*Michail Kandarakis as one of the Key speakers*



*Keynote Speakers*

**4. Program Overview** The training agenda was structured to ensure an interactive and engaging learning experience for all participants.

**Opening Session • Welcome  
& Opening Remarks:**

Delivered by Felix Cheruiyot,  
Team Leader, GulfGood Vibes

**•Keynote Address:**

Presented by Mrs. Kholoud

Al-Kubaisi on the signifi-  
cance of integrating mental

wellness into workplace  
policies and community

initiatives.



*Felix Cheruiyot, Team Leader, Gulf Good Vibes  
Delivering Welcome & Opening Remarks*

## 2. **Work-Life Balance: A Holistic Approach** – Dr. Qusai Harahsheh

- o Defining work-life balance and its impact on job performance
- o Strategies for managing workplace stress and enhancing employee well-being
- o Global best practices in promoting work-life balance.



*Dr. Qusai Harahsheh doing a Presentation on Worklife balance*



# NETWORKING DINNER

# 18TH FEB

### Venue

Salem Al-Muhannadi's residence

### Attendees

Reps from ILO, GGV, BWI, MOL, IOM and AUQ



# KICK-OFF MEETING GGV AND WSIF COLLABORATION BUDDY PROGRAM

19T  
H  
FEB



## Venue

Ministry of Labour  
WSIF offices

## Remarks of Discussion

Kick-off meeting led by Mrs. **Discussion** baisi, Executive Director, Workers Support and Insurance Fund & attended by Moza Al Mosallam from WSIF, and Gulf Good Vibes members Felix Cheruiyot (Team Leader), Annie Wanyeki (Team Leader Administration), Ehab Medhat (Programs Support Team).

Gulf Good Vibes' Collaboration with Workers Support and Insurance Fund – announced the ongoing development of the Mental Well-ness Buddy Program, a collaborative effort with the Workers Support and Insurance Fund and the Ministry of Public Health (MOPH). This initiative is designed to promote mental well-being and resilience within the workplace and community.

# MARCH HIGHLIGHTS



# 2025



# RAMADAN MENTAL HEALTH AND WELLNESS AWARENESS SESSIONS

# MARC

## VENUE

Ramadan Iftar Tent – Al-Minaretein, Education City

## REPRESENTATIVES

Ministry of Labour (Saleem Darwish Al Mohannadi) and Ministry of Public Health (MoPH) Gulf Good Vibes – Ehab Medhat

## REMARKS

Promote mental health and wellness among labor workers during Ramadan, aligning with spiritual values and holistic wellbeing.



## ATTENDEES

Total Sessions: 9 Combined Attendance: 7,000+ individuals Languages: English (with Hindi and Urdu translation)

# DEAL SIGNING AT RECORDON STUDIO FOR THE GLOBAL MENTAL WELLNESS SONG “LET YOUR LIGHT SHINE” Venue

# 8TH MARCH

Recordon Studio  
Msheireb

## Remarks of discussion

In a landmark collaboration, Gulf Good Vibes and Record On have signed an agreement to translate and record the Global Mental Wellness Song, Let Your Light Shine, in 50 languages.

The song, originally recorded by Sub-Sahara Entertainment in English, Hindi, Swahili, and Luganda, has now been expanded in Qatar to include Portuguese, with many more languages to follow. The signing took place on International Women’s Day, making the occasion even more special.



# INTERNATIONAL WOMEN'S MENTAL WELLNESS DAY

# 8TH MARCH

*Let Your Light Shine*

Gulf Good Vibes honors the incredible women who champion mental wellness in our communities! Your strength, compassion, and dedication light the way for a healthier, happier society.



LI SING Assistant General Secretary UNISON  
 PS Rosema K. Ajiga Principal Secretary, State Department for Diaspora Affairs, Ministry of Foreign and Diaspora Affairs, Republic of Kenya  
 Khoulad Saif Al-Khatib Al-Khatib Executive Director, Workers' Support and Insurance Fund  
 Dr Hayana Bin Hama WHO Representative State of Qatar  
 MERCEY MACHARIA Program Support Volunteer Gulf Good Vibes  
 MARGARET NASHIPU KABU Chairperson Kenya Domestic workers and Kenya women leaders



SHAMA AHMED JC Wellman Gulf Good Vibes  
 FOSUM DANABEDI Advisory Committee Gulf Good Vibes  
 NURUNA OSMAN Program Support Volunteer Gulf Good Vibes  
 NISKANT Community Leaders, Africa State Gulf Good Vibes  
 RHEEMA OSMAN Program Support Volunteer Gulf Good Vibes  
 SHIRAZI MOHAMMED Volunteer Gulf Good Vibes



NOUR JABBOUR Director, MHP  
 LYNDAH JAARANDI Community Programs Advisor Gulf Good Vibes  
 ANIS WAHEDI Team Leader Gulf Good Vibes  
 MOGDA MOGDA Workers Support & Insurance  
 SARAH MAGEZI Wellness Coach Gulf Good Vibes  
 FRISH BEFORO Country Director Gulf Good Vibes



ANU WINGOUN Wellness Coach Gulf Good Vibes  
 DR LUCY KARIGI Advisory Committee Gulf Good Vibes  
 NURANA OSMAN Director, MHP Gulf Good Vibes  
 JASLEENA PRATT Volunteer Gulf Good Vibes  
 PAUL ASFOUR Labour Advisor Embassy Of Kenya, Qatar  
 USMAN SACHUKA Producer/Musician Embassy Of Kenya, Qatar



RUTENDO KUTUTWA Team Leader Podcast Gulf Good Vibes  
 NURIA BELENGER International Transport Workers Federation Gulf Good Vibes  
 MERCEY LYDIA Events Organizer Gulf Good Vibes  
 TINA SALACHENGRAN Executive Director Gulf Good Vibes  
 JOYRANI MUTHONI Programs Coordinator Gulf Good Vibes  
 MARGARET President Of Domestic Workers, Qatar Gulf Good Vibes



STEVA SACHUKI Program Support Volunteer Gulf Good Vibes  
 IBAI ACHINI Musician & Artist  
 JUSTIN MUMUNDU Head Deputy Kenya Embassy, Qatar  
 DR. RAYANA HASSA WHO Representative Qatar  
 WIS AMROOD Kubalal Executive Director Workers Support



Gulf Good Vibes used the event to celebrate and honor the incredible women who have been instrumental in the organization's success. Their contributions have helped drive key initiatives in mental health awareness and community empowerment. Qatar, home to over 90 nationalities, provides the perfect multicultural setting for this initiative.

## Venue

Online

## Attendants

45 Attendees

## Remarks of discussion

Development of a poster and short video to celebrate Women in Qatar and Beyond Borders who support mental wellness.

THEME: *Stronger Together: Managing Stress & Promoting Well-Being.*

ORGANIZED BY: GULF GOOD VIBES IN COLLABORATION WITH THE MINISTRY OF PUBLIC HEALTH (MOPH), INTERNATIONAL LABOUR ORGANIZATION (ILO) AND WORKERS' SUPPORT AND INSURANCE FUND

# EXCLUSIVE VIRTUAL MOPH TRAINING ON STRESS MANAGEMENT & ROLE PEER SUPPORT (BUDDY PROGRAM)

**LIVE**  
VIRTUAL EVENT

**SAT 22<sup>ND</sup>  
MARCH 2025**  
10:00AM - 12:00PM

Speakers



**Mrs Kholoud Al-Kubaisi**  
Executive Director,  
Workers Support & Insurance Fund



**Ms. Nour Jabbour**  
Mental Health Specialist  
National Mental Health Program Moph



**Tina Balachandran**  
Clinical Psychologist &  
Director Flourishing Minds Clinics

**Ehab Medhat**  
TEDx DebU speaker  
Instructional Designer



**Joyfynn Muthoni**  
Program Coordinator  
Gulf Good Vibes



**80  
PARTICIPANTS**

# The Peninsula Newspaper

To further cement the success of the event, it was published in The Peninsula Newspaper on the 25th March 2025.

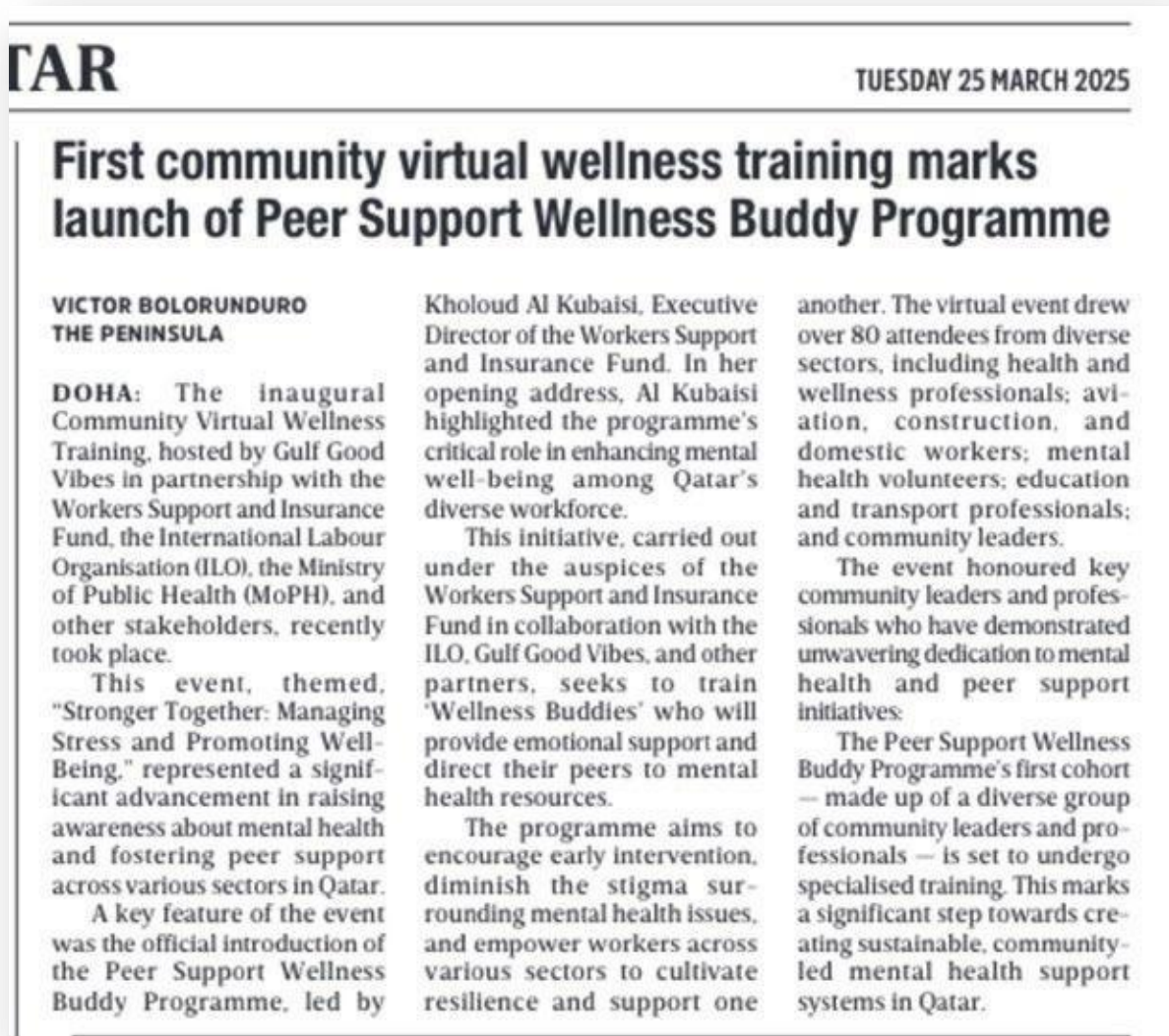


Figure 6. Extract of the article in The Peninsula

Together, we are stronger.



This event marked the first Community Virtual Wellness Training, focused on stress management and the launch of the Peer Support Wellness Buddy Program. It also celebrated the first Cohort of community participants joining the program, a significant milestone for grassroots mental health support in Qatar.

The event was organized by Gulf Good Vibes, in collaboration with Ministry of Public Health,(MoPH), Workers Support and Insurance Fund, International Labour Organization (ILO), and other key stakeholders. The session welcomed 80 attendees from diverse sectors, including:

#### Health and wellness

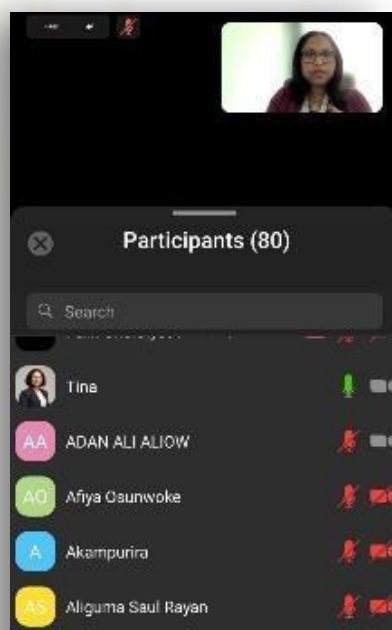
professionals  
Aviation workers

Construction workers  
Domestic workers

#### Mental health

volunteers  
Education professionals

Transport workers  
Community leaders



# APRIL HIGHLIGHTS



# 2025



GULF GOOD VIBES & STRONG MAN GYM PRESENTS



# FREE WELLNESS MOVEMENT & NUTRITION TRAINING

Friday, April 11<sup>th</sup>

🕒 3:00 PM - 6:00 PM

**Featuring:**

1. Chris the Strongest man in Qatar
2. Cardio & Movement by Coach Denim
3. Nutrition Training by licensed nutritionists

Join us for an epic, FREE 3-hour training!

**Event Highlights:**

- ▶ Strength & Movement Training
- ▶ Nutrition Training – Learn how to fuel your body like a champion!
- ▶ Laughter & Wellness – Boost your mood and energy with fun & positivity!
- ▶ Free Gym Day
- ▶ Male & Female Activities
- ▶ Come train, laugh, and thrive together!
- ▶ Let's lift, laugh, and live the Triple LLL way with Gulf Good Vibes!
- ▶ Spread the word & bring a friend!

**Limited lots available!**

Secure your spot by contacting Anne at +974 6602 8860. RSVP now!

**VENUE: STRONG MAN GYM**  
**AL SADD, AL SHAMAL ROAD**



CHRIS - STRONGEST MAN IN QATAR



DOUNYA DARANI - CERTIFIED HEALTH COACH



COACH DENIM - CARDIO & MOVEMENT



OPEN TO MEN & WOMEN  
LED BY RUTENDO & COACH MICHELLE

WORKOUTS, NUTRITION TALKS, INFORMAL ACTIVITIES  
LED BY DOUNYA DARANI CERTIFIED HEALTH COACH, POONAM, COACH PETER AND CHRIS STRONGMAN  
36 ATTENDEES

# LAUNCH OF THE BUDDY PROGRAM WITH WORKERS' SUPPORT AND INSURANCE FUND

## 24TH APRIL



### Venue

The Diplomatic Club,  
The Pearl

### KEYNOTE SPEECHES & HIGH-LEVEL ADDRESSES

Dr. Rayana Bou Haka, WHO  
Country Director

### Remarks

WSIF launched the Buddy Program, with companies in attendance. We ran a panel discussion providing more details on the nature of the buddy program

# ONE-DAY COMMUNITY HELPER AWARENESS TRAINING

# 25TH APRI L



## Venue

Ministry of Labour, Westbay

Pilot- Community Peer/Buddy Training  
Nigerian Community 33 attendees

## Remarks of discussion

Poonam Shahadeo Clinical Psychologist and GGV Moph MH champion led training supported Ehab medhat Wellness Trainer and and Arije a Wellness coach lead training , organized by Dr. Abdul Lateef Adibaje President of the Nigerian Community in Qatar

# COMMUNITY MENTAL HEALTH AWARENESS TRAINING

# 28TH APRIL



## Venue

KEO Consultants and Al Darwish  
Engineering WLL ( Ashghal)

Al Darwish Staff Community Pee  
25 attendees

## Remarks of discussion

Poonam & Trish lead training , organized by Dr. Abdul Lateef Adibaje Occupational  
Health and Safety Manager

# TRIPLE L - LUNCH, LAUGH &

# 30TH APRIL

Gulf Good Vibes Podcast Launch (in  
conjunction with Recordon Studio)

LEARN



## Venue

Treffen House Hotel – Café de Grand,  
Msheireb

## Remarks of discussion

The Launch ceremony was graced by H.E. Ambassador Mohamed Nur Adan, Kenya Ambassador to Qatar & Patron of Gulf Good Vibes among other GGV, AUQ and Kenya Community leaders. The podcast was moderated by Joyfinn Muthoni. panelist. PS Roseline Njogu CBS Principal Secretary State Department of Diaspora and foreign affairs Kenya. Ann Wanyeki Trish Bedford Poonam Shahadeo, Dr. Lucy Karugu, Arijji Moummoni

# MAY HIGHLIGHTS



# 2025



# MOPH CHAMPIONS TRAINING

# 9 - 10TH MAY



## Venue

Ministry of Labour,  
Westbay

Highlight : 1st Batch of  
MOPH Community Mental  
Wellness Champions

## Remarks of

### Discussion

A total of 28 individuals successfully trained and officially certified as Ministry of Public Health (MOPH) Champions, equipping them with the skills and knowledge to actively support and promote health and wellbeing initiatives.

# REVIEW MEETING FOR BUDDY PROGRAM

16T  
H  
MAY



**Venue** Ministry of Labour, West-bay

## Remarks of Discussion

Validation of the National Buddy Program Training.  
Facilitator: MoPH Mental Health Champion.

**Key Activities:** Participants reviewed and consolidated the prepared training materials. Agreement reached on the training methodology. Consensus on the implementation strategy.

**Next Steps** Finalize the consolidated training materials.  
Document the agreed methodology and implementation plan.  
Schedule follow-up sessions for rollout and monitoring.

# NATIONAL MENTAL HEALTH BUDDY PROGRAM TRAIN THE TRAINER TRAINING STAGE 2

# 30th MAY



## Venue

TheCrowne Plaza,  
Business Park

## Remarks of Discussion

On Day 2, 21 MOPH Champions trained on Buddy Program Day 1  
Train MOPH Trained Champions Led by Tina - Buddy Program  
Ehab - Communication and Active listening Ponam - Resilience  
Dr. Abdul Lateef Ajibade - Monitoring and Evaluation

The Crowne Plaza,  
Business Park

**30th  
MAY**

## Remarks of Discussion

Organized by: Gulf Good Vibes, in collaboration with the Ministry of Public Health (MoPH), Workers' Support and Insurance Fund, and the International Labour Organization (ILO).

Facilitated by licensed mental health professionals, the two-day program The National Buddy Program Train-the-Trainer Certification was held on 30th–31st May 2025 at the Crowne Plaza Hotel in Doha. The training marked a major milestone in Qatar's long-term commitment to integrating mental wellness support within workplaces and communities through peer-led structures.

## Objectives

The key objectives of the Train-the-Trainer session were to; ❖ Deepen understanding of the role of Mental Wellness Buddies in workplace and community settings ❖ Strengthen peer communication and support skills, including active listening and emotional resilience ❖ Improve confidence in identifying distress and responding appropriately ❖ Facilitate real-world simulations through scenario work, teach-back, and activation models ❖ Reinforce ethical use of the Buddy Toolkit and clarify the scope and limitations of peer support ❖ Inspire commitment to launch and monitor Buddy Programs in home organizations.

## Closing Reflection and Post-Training Feedback

The day concluded with a reflection session led by Trish Bedford, Art Psychotherapist, encouraging participants to process their learning, share insights, and consider how to apply their new skills. Participants also completed a feedback survey to provide their views on the day's training and readiness to facilitate independently

# NATIONAL MENTAL HEALTH BUDDY PROGRAM TRAIN THE TRAINER TRAINING STAGE 2

# 31ST MAY



## Venue

TheCrowne Plaza,  
Business Park

## Remarks of Discussion

On Day 2, 17 MOPH Champions were further trained on the Buddy Program, with focused sessions led by Trish on supervision and Hannah on the Code of Ethics, culminating in the activation of the Buddy Program under the leadership of Gulf Good Vibes.

# JUNE HIGHLIGHTS



# 2025



# MEN'S MENTAL HEALTH MONTH

**June is Men's Mental Health Month**

Let's remind the men in our lives that strength is not silence.

This month, we stand together to break the stigma, open up, and create safe spaces for real conversations.

**"It's okay not to be okay"**  
—what matters most is knowing you don't have to face it alone."

Check in. Speak up. Support each other.

Are you part of the Diaspora  
—from anywhere across the world?

Join our online challenge:

Record your version of  
"It's okay not to be okay" Break the stigma  
in your language

Listen to the song here:  
<http://bit.ly/43HV1d4>

Share it on social media tagging:  
[@GulfGoodVibes](#)



#MensMentalHealthMonth #ItsOkayNotToBeOkay #StrongerTogether

@gulfgoodvibes @gulfgoodvibes Gulf Good Vibes @gulfgoodvibes Gulf Good Vibes

## MEETING WITH WSIF

### Venue

Ministry of Labor WSIF Office

11TH  
JUN  
E



### Remarks of discussion

A productive meeting was held with Mooza Al Mosallam from the Workers' Support and Insurance Fund (WSIF). The discussion focused on advancing the Gulf Good Vibes (GGV) Buddy Program and joint mental health initiatives.

**Key Outcomes** Buddy Program Update: Reflections and feedback were shared, with discussions on readiness and minor adjustments to ensure Champions are fully

4 Attendees

# PRACTICE AND TEACH- BACK MODULE

# 13TH JUNE



## Venue

TheCrowne Plaza,  
Business Park

Stage 3 Day 1  
Certification

## Remarks of Discussion

11 MOPH Champions completed Stage 3 Day 1 Practical application, building on the foundation laid during Stages 1 and 2 Instructional Techniques (Supervised and led TTT Training Professionals)

## PRACTICE ROLE PLAY

# 14TH JUNE



### Venue

TheCrowne Plaza,  
Business Park

Stage 3 Day 2  
Certification

### Remarks of Discussion

11 MOPH Champions Completed Stage 3 (Day 2) Practical application, building on the foundation laid during Stages 2 and Role play) Supervised by Wellness Professionals

The 11 MOPH-certified Mental Health Champions and Buddies were successfully trained as Buddy Program Trainers, equipping them with the skills and knowledge to lead, mentor, and support the effective implementation of the Buddy Program across organizations.

# MEN'S MENTAL HEALTH MONTH

# 27TH JUNE



## Venue

The Crowne Plaza, Business Park

## Panel Discussion Theme:

Strong Voices, Safe Spaces: The Power of

Buddies and Listening in Community and Workplace

## Moderators

Rutendo Kututwa, Educational Specialist, MOPH Mental Health Champion & Buddy  
Rhoselyn Dolloso, Marketing Executive, MOPH Mental Health Champion

## Keynote Speeches

Michail Kandarakis, ILO Technical Specialist  
Dr. Qusai Mohammad Harahsheh, Senior Mental Health Specialist, MOPH  
Marco Ferrari, Regional Representative, BWI & MOPH Mental Health Champion

## Panelists

Rutendo Kututwa, Educational Specialist, MOPH Mental Health Champion & Buddy  
Rhoselyn Dolloso, Marketing Executive, MOPH Mental Health Champion

# National Buddy Program Training & National Men's Mental Health Forum – 2nd Edition



## Post-Event Report National Buddy Program Training & National Men's Mental Health Forum – 2nd Edition

Theme: Let'sTalk: I Am HeretoListen, I AmYourBuddy

Slogan: It's OK Not to Be OK Date: Friday, 27th June 2025

### 1. Event Overview

Venue: Crowne Plaza Business Park, Doha, Qatar

The National Buddy Program Training – MoPH Mental Health Champions (1st Cohort), alongside the 2nd Edition of the National Men's Mental Health

Forum, successfully convened 150+ stakeholders from healthcare, labor, corporate, and community sectors to advance peer-led mental wellness and workplace psychological safety

## Opening Session

Participants were welcomed with wellness materials, a mindfulness breathing exercise, and a powerful performance of the Mental Wellness Anthem, "Let Your Light Shine." The session also featured a Kahoot Quiz to assess awareness of the song's messaging and key mental health principles.

## Keynote Speeches

Leaders and experts delivered key insights on integrated mental health responses:

- Michail Kandarakis (ILO) – Emphasized on the importance for inclusive mental health program and have them structured within organizations for sustainability.
- Marco Ferrari (BWI/MoPH Champion) – Emphasized labor empowerment in wellness and how the program can be customized to the different group with example of domestic workers.
- Dr. Qusai Harahsheh (MoPH) – Highlighted Qatar's national mental health strategy and importance of initiatives like Gulf Good Vibes

## Panel Discussion – "Strong Voices, Safe Spaces"

Panelists explored:

- Culturally responsive peer support models
- Psychological safety and stigma elimination
- The ROI and long-term benefits of mental wellness investments

Support systems stressors from leaving home, preventive care, clinical intervention, supervision, role and qualities of buddies, WHO and national policy level.

Hosting of World Mental Health among other supports shows include initiatives like the national buddy program by workers support, mental health champions programs by MoPH, helpline and clinical support through HMC shows Qatar's commitment to employees' wellbeing. The need for employers to embrace the programs and this program being cascaded to all workers was highlighted to be important.

## Interactive & Skills-Based Sessions

Sessions included:

- Real-world role-plays simulating workplace scenarios
- Reflective group supervision techniques
- Tools for identifying signs of distress and offering first-line peer support

## Certificate Distribution

Participants were honored with certificates recognizing their completion of the MoPH Buddy Program Training and their ongoing contribution to mental wellness advocacy.

## 3. Key Outcomes & Impact

- 63 attendees and 6 Guest speakers from corporate, healthcare, academic, and labor sectors Total 69 participants - Enhanced cross-sector collaboration between MoPH, WHO, ILO, and HMC - Amplified visibility and support for the National Buddy Program - Practical tools distributed: psychological safety tips, peer support strategies, wellness resources

“Mental well-being is not just a personal matter – it’s an organizational imperative.”

## 4. Research & Insights Shared

- Every \$1 invested in mental health yields \$4 in productivity gains (WHO, 2023)
- Peer support models reduce absenteeism and isolation
- Psychological safety fosters innovation and retention
- WHO-5 & WELLBY tools for tracking employee well-being

## 5. Participant Feedback

“The panel discussion helped me understand how my organization can champion men’s mental health.” “Being certified as a Buddy gave me confidence to support my colleagues.” “The quiz and song made the experience more human and engaging.”

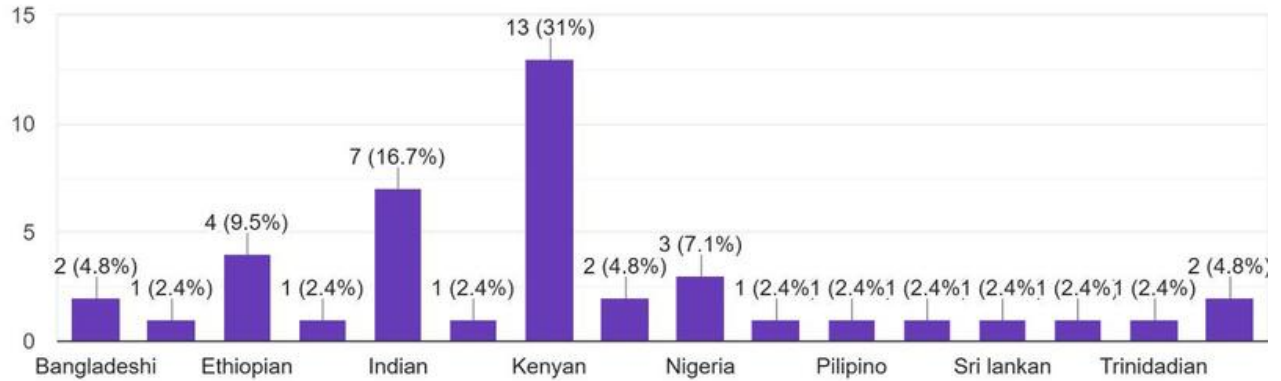
## 6. Next Steps

- Expand the Buddy Program across more institutions and companies with the monthly training at crown plaza and MOPH champions training - Plan the 3rd Edition of the Men's Mental Health Forum and other 2025 Calendar activities
- Conduct follow-up reflection and refresher sessions for trained Buddies

# Training Summary

What is your nationality ?

42 responses



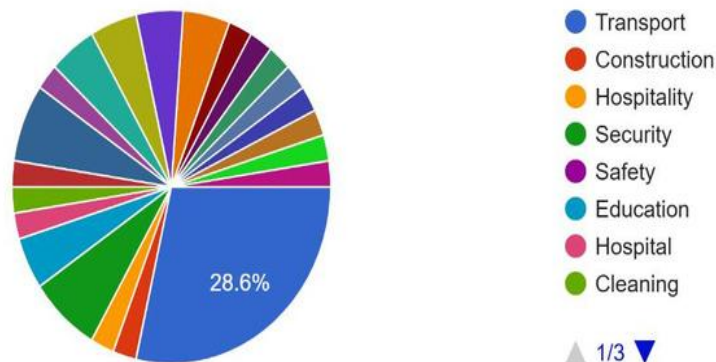
What is your current occupation?

39 responses



Which Industry are you currently working?

42 responses



# JULY HIGHLIGHTS



# 2025



# MONTHLY MENTAL WELLNESS PODCAST

# 5TH JULY



## Venue

Treffen House Hotel,  
Musheireb

Buddy Program Awareness

## Keynote Speeches

Panel Rutendo Kututwa – GGV Team Leader Podcast and Certified MOPH Champion & Buddy - Hostess

Annie Wanyeki – Team Leader GGV Team Leader Admin Certified MOPH Champion & Buddy

Sanjeev Kumar - Welfare Officer and Certified MOPH Champion & Buddy

# MOPH CHAMPIONS TRAINING

# 18TH JULY



## Venue

The Crowne Plaza,  
Business Park

## Highlight

2nd Batch of MOPH  
Community and Workplace  
Mental Wellness Champions

## Remarks of Discussion

29 participants from 19 companies trained as MOPH Mental Wellness Champions to support the National Buddy Program Delivered by Nour Jabbour, Mental Health Specialist, MOPH

The workshop offered a general introduction to mental health and wellbeing designed to give participants a good knowledge base and understanding of personal resources. to focus on applying that knowledge in a workplace context with emphasis on the promotion of positive mental wellbeing in their organisations.

# MOPH CHAMPIONS TRAINING

# 19TH JULY



## Venue

The Crowne Plaza,  
Business Park

Day 2

## Remarks of Discussion

29 participants from 19 companies trained as MOPH Mental Wellness Champions to support the National Buddy program

Delivered by Nour Jabour, Mental Health Specialist, MOPH

# COHORT BUDDY PROGRAM TRAINING



**25TH  
JULY**

## Venue

The Crowne Plaza,  
Business Park

Train the Trainer  
Day 1

## Remarks of Discussion

Trained 20 attendees form various companies including MOPH trained Champions and Trained Buddies Karwa personnel and participants from 19 companies trained on MOPH Champions Batch 2 (Buddy Program).

Training delivered by Trained MOPH Champions as part of Stage 4 certification under the support of Wellness Professionals, MOPH Certified Champions or Qatar

Licensed Psychologists using Instructional Techniques, & supported by Training Professionals (Certified Trainers or Certified Education Professionals from

Nationally or Internationally recognized organizations. Dealing with Difficult Conversations and the National Mental Health Hotline presentation by Katja

Warwick-Smith.

# BUDDY PROGRAM TRAINING AND AWARENESS SESSION

# 26TH JULY



## Venue

TheCrowne Plaza,\  
Business Park

## Highlight

Buddy Program Training and awareness session Day 2

## Remarks of Discussion

Trained 23 attendees form various companies including MOPH trained Champions and Trained Buddies from Karwa and participants from 19 companies trained on MOPH Champions Batch 2 (Role play) Monitoring & Evaluation by Zienab Anwar

# AUGUST HIGHLIGHTS



# 2025



# NATIONAL MENTAL HEALTH BUDDY PROGRAM TRAIN THE TRAINER TRAINING

# 15T H AUG



## Venue

The Crowne Plaza,  
Business Park

Stage 3 Day 1

## Remarks of Discussion

Conducted a Train-the-Trainer (ToT) program, where MOPH-trained Champions were equipped and empowered to lead and deliver structured training sessions, ensuring knowledge transfer, consistency, and sustainable capacity building.

33 participants

# National Mental Wellness Buddy National Buddy Program 15th and 16th August 2025

## Train of Trainer (ToT)



## National Buddy Program – Mental Wellness Training-of-Trainer (ToT)

### Day 1: Instructional Techniques and Handling Difficult Conversations Arrival and Opening

- The day began with arrival, registration, and a formal welcome with the GGV Mental wellness anthem, “Let your light shine” to start the program.



Figure 1: Participants singing the “let your light shine”

**Session 1: Train-the-Trainer Techniques** Felix Cheruiyot, Lead Facilitator, Training Specialist, and Certified MoPH Mental Health Champion, guided participants through a foundational session on facilitation best practices, Covering:

#### Core Facilitation Techniques

- **Start with Adult Assumptions:** Adults need to know the **purpose** of learning and prefer clear objectives.
- **Encourage Meaningful Participation:** Establish ground rules early, set expectations for timing,
- **Set the Stage Professionally:** Use open-ended questions and invite diverse participation, and respect and model desired behaviors. perspectives and acknowledge contributions respectfully.
- **Manage Group Dynamics Smoothly:** Balance participation between dominant and quieter voices and use neutralizing language to de-escalate tension
- **Communicate with Intention:** Deliver content with clarity and presence, use concise visuals, steady pacing, and body language to reinforce points and maintain eye contact.

### Effective facilitators:

- Prepare thoroughly. Listen
- actively. Adapt to the group's
- needs. Close with clarity and
- intention.



Figure 2: Felix Cheruiyot conducting Train The Trainer Techniques session

**Session 2: Handling Difficult Conversations** The training, facilitated by Katja Warwick-Smith Assistant Executive Director, Mental Health Services, Hamad Medical Corporation, provided practical strategies for support workers to navigate difficult mental health conversations.

### The agenda focused on:

- Understanding challenging mental health conversations.
- Essential communication skills. De-escalation and crisis
- management. Self-care and professional boundaries.
- 

### Understanding Challenging Conversations

- Common Scenarios and Triggers: Suicidal thoughts requiring sensitive response, Anxiety attacks needing timely calming techniques, Trauma disclosures Recognizing Distress:
- Verbal cues, Non-verbal cues and behavioral changes Impact of Stigma and Culture:
- Acknowledges the difficulty of discussing mental health and reinforces the importance of privacy and confidentiality.

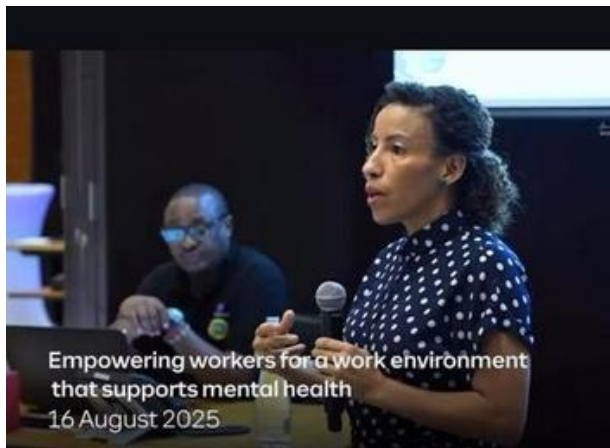
### **Session 3: Energizer activity: Breathing Exercise by Trish Bedford Art Psychotherapist**

Trish Bedford an Art Psychotherapist facilitated a brief, informative, and meditative breathing exercise session. She emphasized the benefits of integrating such simple practices into buddy–client interactions, while also highlighting their value for personal well-being. She invited participants to share their perspectives on breathing practices, noting responses from those who regularly used them, those who were less inclined, and those who felt indifferent. Overall, the feedback was positive.

Trish demonstrated techniques such as the “*smell the flower and blow the candle*” method and the *deflated balloon* breathing exercise. She then guided the group through a short

practical session, after which participants reported a sense of relaxation and grounding.

She concluded by encouraging participants to continue exploring this and other mindfulness practices as part of their personal wellness routines and in their buddy–client relationships.



*Figure 6: Trish Bedford Art Psychotherapist “Breathing Exercise” Session*

**Session 4: Role Play by Poonam Shahadeo** The day concluded with a brief role-play session, where participants demonstrated approaches to managing a buddy–client scenario on grief and supporting a distressed co- worker. Following the skits, the group engaged in a feedback session, highlighting key observations, effective practices, and areas for improvement. Positive feedback included the use of empathetic language, appropriate body language, creating safe spaces for open expression, maintaining confidentiality, and incorporating activation activities such as “walk and talk.”



*Figure 7: Poonam Shahadeo, Clinical Psychologist “Role Play” Session*

## **Day 2: Monitoring & Evaluation and WHO-5 Well-being Toolkit and Supervision**

### **Session 1: Role Play and Scenarios**

- Participants, led by Poonam Shahadeo, Clinical Psychologist engaged in small group role plays to practice applying active listening and de-escalation techniques. Feedback was shared collectively to reinforce practical learning.



*Figure 8: Poonam Shahadeo, Clinical Psychologist “Continuation of Role Play” Session*

**Session 2: Reflexive Supervision** Trish Bedford Art Psychotherapist facilitated an art-based session on reflexive supervision. Participants worked individually and created drawings that represented their personal journeys leading to their current stage. She then invited feedback, with some participants sharing that their artwork reflected themes of purpose, joy, and gratitude. Trish highlighted that art can often evoke feelings and emotions, and encouraged participants to use art as a grounding tool to reflect on and explore their experiences.



*Figure 9: Trish Bedford Art Psychotherapist “Reflexive supervision” Session*

**Session 3: Monitoring & Evaluation Using WHO-5 by Zienab Anwar (International Labour Organization)** The World Health Organization-Five Well-Being Index (WHO-5) is a short, validated tool developed in the 1990s to measure subjective well-being.

- **Key Features:** Format: Five simple statements related to mood, vitality, and interest in life and scoring: Each item scored 0 (at no time) to 5 (all the time).
- **Advantages:** Quick (takes under a minute), Easy to understand, culturally adaptable, and widely translated and reliable for use in general populations and clinical settings.
- **Purpose:** The WHO-5 is widely used in mental health monitoring, primary care, and psychosocial support interventions to identify individuals at risk of depression or low well-being.

**WHO-5 Training: National Mental Health Wellness Program** This training module was designed to introduce mental health champions and trainers to the application of WHO-5 within psychosocial support and monitoring programs.

Objectives:

- Understand the importance of monitoring and evaluation (M&E) in mental health support.
- Learn how to administer WHO-5, ensuring confidentiality and neutrality.
- Practice mock interviews and role plays using WHO-5.
- Interpret and analyze results for program improvement and early intervention.

**Why M&E matters:**

- Tracks program outcomes (well-being improvements, access to care).
- Identifies risks, underserved populations, and gaps. Provides credible data to strengthen impact and sustainability.

**Using WHO-5 effectively:**

- Always administer in a comfortable, private setting. Maintain confidentiality and discretion. Avoid probing beyond WHO-5 questions (reserved for mental health professionals). Use agreed scripts to avoid bias or triggering distress.
- 





Figure 10&11: Zienab conducting the M&E session

### Practice Component:

- Zienab modelled a mock interview on WHO-5 mock interviews Participants paired up
- and practiced conducting the WHO-5 mock interviews. Group reflections helped
- consolidate skills. The results are beneficial for supportive interventions after review
- with specialists.



Figure 12: Zienab conducting Role Practice using WHO toolkit and Kobo toolbox

### Overall Summary

The two-day National Buddy Program – Mental Wellness ToT equipped participants with:

- **Day 1:** Practical facilitation skills, strategies for handling difficult conversations
- **Day 2:** Applied role-play practice, skills in monitoring and evaluation, use of the WHO-5 well-being tool, and development of action plans for implementation

## Demographic

s

<b>Nationalities</b>	<b>Number</b>
Ethiopian	2
Filipino	2
Indian	4
Kenyan	13
Nigerian	6
Pakistan	1
Trinidadian	1
Tunisian	1
Ugandan	1
Lebanese	1
British	1
India	1
SouthAfrican	1
<b>Grand Total</b>	<b>34</b>

<b>Companies</b>	<b>Number of Participants</b>
A to Z Services	1
Altrad Cape	1
CCC	3
Domestic Workers	1
Grace Business Trading	1
Gulf Good Vibes	4
jawda Top	1
JC Premier Business International	1
Lafaj Hospitality and General Cleaning Services	1
Mannai Corporation	1
MOPH	1
MOWASALAT	9
NIDO QATAR	1
Ramaco Trading and Contracting Company	1

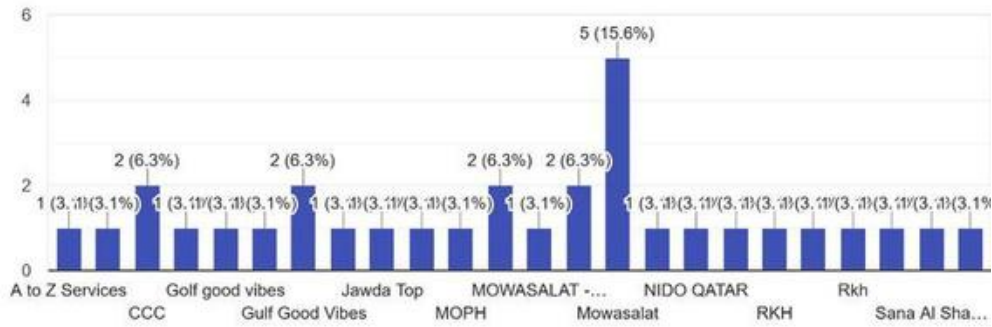
<b>Companies</b>	<b>Number of Participants</b>
RKH	2
Sana Al Shams center for People with Disabilities/ Gulf Good Vibes	1
TAJRIN Women Clothing	1
Not Available	3
<b>Grand Total</b>	<b>34</b>

## Trainee Feedback

### Pre Training

#### Company name

32 responses



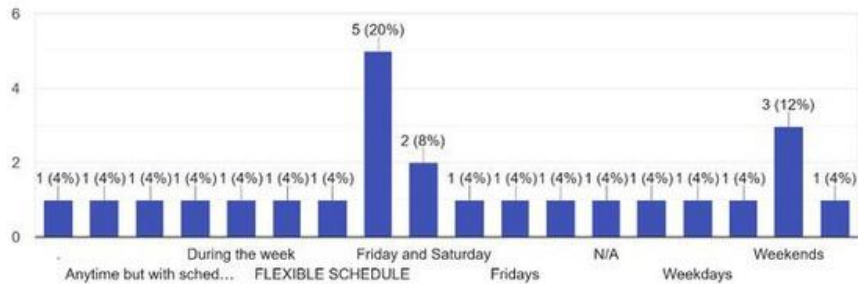
#### Position/Title

36 responses



#### Which day of the week would be appropriate for employees training(If applicable)

25 responses



Please provide any additional comments or details that would help us better understand your interest in the Wellness Buddy Program

16 responses

- Non
- The wellbeing of employees in Qatar are usually underrated with long working hours, less sleep, less pay and increase stress causing huge impact in their mental health and output. Good working/ living environment increases productivity output and overall company/ county's GDP so I believe employees deserve the best living and work environment for them to thrive well
- How to improve Work life balance
- need more details how to implement mental health program without stigma
- Employee mental well-being is of paramount importance at work/ home place because it increases productivity output and overall company and county's GDP
- To have more of work place/community engagement in promoting Mental health Wellness.

Please provide any additional comments or details that would help us better understand your interest in the Wellness Buddy Program

7 responses

- Kindly design Budes and Uniforms for Buddies that we can buy for Publicity and easy recognition in our Workplaces.  
Posters and Leaflets would also help sensitize the Community about our Good Cause for Mental Health Help near them.
- To get knowledge and help those who can't be able to attend the wellness buddy program training
- Increasing the number of trainers in order to reach out more audience that need mental health awareness assistance
- To help my friend who have problems
- I am deeply interested in promoting mental wellness within my local community. I believe that a strong support network is essential for resilience, and I want to gain the skills to be a positive and effective 'Wellness Buddy' to my neighbors and peers. I am committed to making a difference and am eager to learn from this training

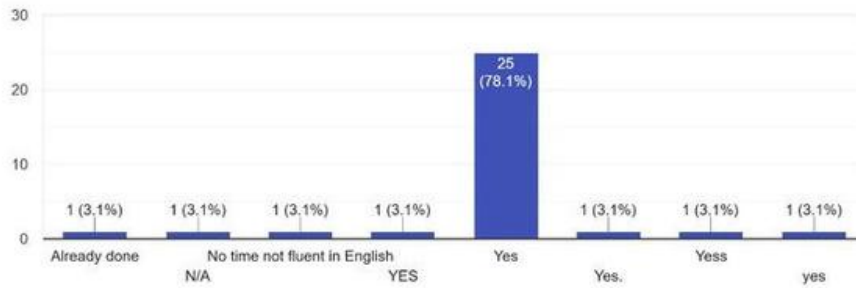
Any specific areas of interest or concerns you'd like us to know about?

20 responses

- No
- Implementation strategies
- Self care and compassion fatigue
- No thank you
- Mental health
- Trained buddy's follow up.
- None for now
- Emotional stress

Would you be interested in implementing Buddy (Peer Support) Program in your workplace or Community (If applicable)

32 responses



## Post training evaluation

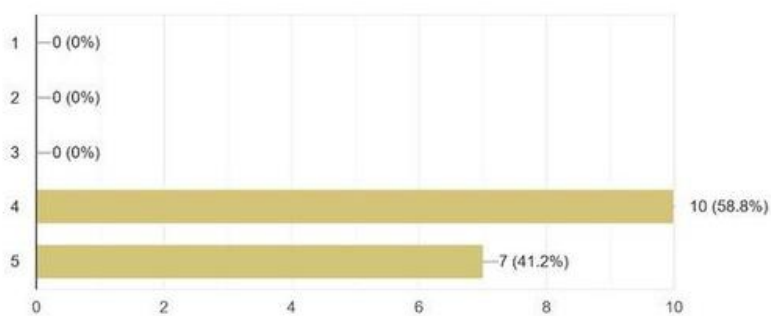
Did this training meet your expectations?

17 responses



On a scale of 1 to 5, how would you rate your overall experience

17 responses



| (Optional) Tell us something you learned:

17 responses

It's never going to be a one size fits all so I must be up to date with info and skills.

Buddy program is more of hands on.

How to help the people who need help in case they reach and walk the journey with them. How to take care of my personal mental wellness (self care)

I learnt that you can't understand every situation even if it is familiar or similar to what you had faced.

Mental health challenges and signs & indicators

Mental Health management

Code of ethics in buddy program

Buddy vs champions Stress management

What have you taken from this training that feels important?

16 responses

Love, care and empathy for others. Above all my M.H matters so I can be able to assist others.

Having a deeper understanding on how to approach a person who is going through mental issue and how to support and to listener and if required refer to 16000

What feels most important from this training is the realization that mental health support doesn't always require complex solutions—it often starts with simply being present, listening with empathy, and showing genuine care. I've taken away a deeper sense of responsibility to be more intentional in supporting others, and I now feel more equipped to notice when someone might be struggling and how to offer appropriate help or encouragement.

understanding that mental wellness is something we all need to take care of, just like physical health.

Information is key.

Have acquired a broader perspective on Mental wellness and Buddy program.

Would you tell a friend or co-worker to attend this training?

17 responses



Why/why not?

11 responses

So they can enhance their knowledge

Its an important training is important for wellness of community abd workplace and encourage first response to detect healthh behaviors, before it goes to ill or extreme

Too many scenarios - training is necessary.

It's so profound.

The skills acquired will be of help to create mental wellness awareness and we can be able reach out many people in different capacities.

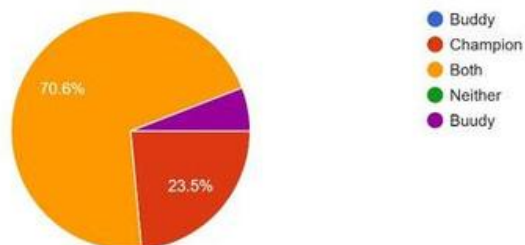
It supports building a better work environment

Should attend the training

To create a vast buddy support

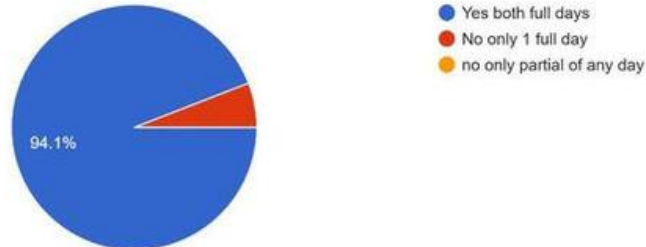
Do you feel you lean towards Buddy or Champion?

17 responses



Did you attend all modules on both days?

17 responses



What do you need further support with in future trainings

17 responses

Practicals

More role play

More Practice to be a buddy

I would appreciate more practical scenarios or role-playing exercises to help build confidence in real-life conversations. It would also be helpful to receive ongoing guidance on setting healthy boundaries while supporting others, as well as more resources on how to handle complex situations or refer someone to the right professional help effectively.

More roleplay.

More role plays to ensure am ready to put the skills learnt into practice

How to set boundaries at the beginning.  
And how to differentiate between Sympathy and empathy

## Photo and Video Consent

Do you consent to Gulf Good Vibes and the Workers Support and Insurance Fund capturing and publishing photos/videos of you during the trainin... and Law No. 13 of 2014 (Data Privacy Protection)?

22 responses



## Photo Gallery



## Photo Gallery







*Mowasalat/ Karwa Team ,Gulf Good Vibes and Katja Warwick-Smith Assistant Executive Director, Mental Health Services, Hamad Medical Corporation, 16000*



**29T  
H  
AUG**

## **BUDDY PROGRAM TRAINING**

### **Venue**

The Crowne Plaza, Business  
Park

### **Day 1**

### **Remarks of Discussion**

Trained Buddies from various companies (15 Karwa and participants from 19  
Companies trained on MOPH Champions Batch 2

### **Buddy Program Training**

29 participants



**QATAR PATIENT  
SAFETY WEEK**  
360° Quality Care: Advancing Safety Through Systemic Change

وزارة الصحة العامة  
Ministry of Public Health  
دولة قطر • State of Qatar



Qatar Patient Safety Week (QPSW)

أسبوع قطري الحادي عشر لسلامة المرضى



**360°**  
The 11th Qatar Patient Safety Week (QPSW)  
ADVANCING SAFETY  
THROUGH SYSTEMIC CHANGE  
**QUALITY  
CARE**

**360°**  
رعاية  
متميزة  
تعزيز السلامة من خلال  
التغيير المنهجي

17<sup>th</sup> - 23<sup>rd</sup> September 2025



2025 سبتمبر 23 - 17

Conference

# BUDDY PROGRAM TRAINING

30TH  
H  
AUG



## Venue

TheCrowne Plaza,  
Business Park

## Highlight

Buddy Program Training  
Day 2

## Remarks of Discussion

Trained Buddies from various companies (15 Karwa and participants from 19 companies trained on MOPH Champions batch 2 (Role play)

29 participants

# SEPTEMBER HIGHLIGHTS



# 2025



# BUDDY PROGRAM TRAINING

# 19TH SEPT



## Venue

The Crowne Plaza,  
Business Park

3rd Cohort  
Day 1

## Remarks of Discussion

34 Buddies, 15 from Karwa and 19 from other companies, trained by MOPH Champions Batch 2 as part of Stage 4 certification.

# BUDDY PROGRAM TRAINING

# 20TH H SEPT



## Venue

The Crowne Plaza,  
Business Park

3rd Cohort  
Day 2

## Remark of Discussion

34 Buddies, 15 from Karwa and 19 from other companies, trained by MOPH Champions Batch 2 (Role play)

Delivered by Trained MOPH Champions as part of Stage 4 certification.

# 11TH QATAR HEALTHCARE QUALITY AND PATIENT SAFETY WEEK

# 22ND SEPT



## Venue

The Sheraton Hotel, Doha  
(20–22 September 2025)

Special invitation by MOPH

## Remark of Discussion

Rutendo Kututwa presented on “Voices That Matter: Patient Societies Transforming Person-Centred Care in Qatar” based on the activities of GGV in the community and workplace. Attendees: 11 GGV volunteers & 50 others in the audience

# OCTOBER HIGHLIGHTS



# 2025



GULF GOOD VIBES & WORKERS SUPPORT AND INSURANCE FUND (WSIF)  
IN COLLABORATION WITH INTERNATIONAL LABOUR ORGANIZATION (ILO),  
INTERNATIONAL TRANSPORT FEDERATION (ITF), AND  
THE WORLD HEALTH ORGANIZATION (WHO - QATAR)

# QATAR WORLD MENTAL HEALTH DAY 2025

FRIDAY  
10<sup>TH</sup>  
OCTOBER



**Dr. Rayana Bou Haka**  
WHO Representative,  
State of Qatar



**Mrs. Kholoud Al-Kubaisi**  
CEO, Workers Support & Insurance Fund



**Michail Kandarakis**  
ILO Technical Specialist



**Mr. Saddam Hussein Alwashdh**  
Hamad Medical Corporation



**Iain Tulley**  
CEO Mental Health  
Hamad Medical Corporation



**Dr. Rajkumar Pandurangan**  
Senior Training Instructor  
Ambulance Service & Amulance  
Staff Well-Being Committee



**Mohamed Zamzam**  
Moph Champions and  
Human Resources professional



**Dr. Abdul Lateef Ajibade**  
Occupational Health and Safety Professional  
and President of Nigerian Commission



**Sanjeev Kumar**  
Public Relations officer  
Welfare Officer



**Poonam Shahadeo**  
Clinical Psychologist  
Alburzque Consultancy  
Moph Mental Health Champion



**Mrs. Febe Padayao Candido**  
Human Resources Professional  
Moph Mental Health Champion



**Ehab Medhat**  
Instructional Designer/ Welfare Trainer  
Moph Mental Health Champion



**Arafa Al Hammadi**  
AWI Coaching and  
Consulting Services



**Dr. Qusai Harahsheh**  
Senior Mental Health  
Specialist Moph



**Zienab Anwar**  
ILO Program Officer  
Mental Health Peer Support Expert



**Rutendo Kututwa**  
Team Leader Gulf Good Vibes  
Moph Mental Health Champion



**Nuria Belenguier**  
International Transport Federation



**Jonathan Page**  
Content Creator | Aspiring Life Coach  
Community Builder



**Joyfynn Muthoni**  
Gulf Good Vibes Programs  
Coordinator



**Annie Wanyeki**  
Team Leader Gulf Admin

info@gulfgoodvibes.org



**CROWNE PLAZA BUSINESS PARK**  
FROM 13:00HRS- 18:00HRS



# WORLD MENTAL HEALTH DAY

# 10T H OCT



## Venue

The Crowne Plaza, Business Park

Theme: Access to Care in Times of Crisis

Workshop Focus: Bridging the Gap – Strengthening Mental Health Support for  
Diaspora Communities

On Friday, October 10th, Gulf Good Vibes was proud to co-host a powerful and heartfelt workshop with the Workers Support and Insurance Fund (WSIF) at Crowne Plaza Doha – The Business Park.

Opening Address was made by



H.E. Ambassador Mohamed Nur Adan,  
Kenya Ambassador to Qatar & Patron of  
Gulf Good Vibes



Mrs. Kholoud Al-Kubaisi, Executive  
Director, WSIF (represented by  
Moza Al Mosallam)



Dr. Rayana Bou Haka, WHO  
Representative to Qatar



Michail Kandaraki  
International Labour Organization  
(ILO)

We were also honored to welcome Presenters and speakers included:



Dr. Qusal Harahsheh, Ministry of Public Health (MoPH)



Zienab Anwar, International Labour Organization (ILO)



Dr. Diana Maddah, Qatar University & HMC



Dr. Rajkumar Pandurangan, HMC Ambulance Service

We were also honored to welcome Presenters and speakers included:



Mr. Saddam Hussein  
Alwasshdh  
Hamad Medical Corporation



Poonam Shahadeo  
Clinical Psychologist



Arafa Al Hammadi



Felix Cheruyiot  
Gulf Good Vibes Team Leader



**Ann Wanyeki Gulf Good Vibes  
Team Leader**



**Yusra President Mental Health Club- Qatar  
University**



**Kennedy Kanja Moph Mental Health  
Champion & Buddy Trainer / Karwa Joint  
Committee Member**



**Rutendo Kututwa Gulf Good  
Vibes Team Leader**





The event also featured a vibrant Art Gallery with works from over 10 professional artists, and unforgettable performances by Green Masai and Ghanaian drummers, celebrating Africa's cultural strength through rhythm and unit

# The Peninsula Newspaper

To solidify the success of the event, it was published in the Qatar Peninsula Newspaper on Tuesday, October 28 2025



TUESDAY 28 OCTOBER 2025

**QATAR**

**Peninsula | 05**

## Registration for Sheikh Jassim Noble Qur'an Competition closes today

**DOHA:** The registration for the 30th Sheikh Jassim bin Muhammad bin Thanī Noble Qur'an Competition closes today.

The event is organised by the Ministry of Awqaf, either through its portal or by scanning the QR code designated for registration.

The registration phase includes the full memorization of the Holy Qur'an for citizens and residents of both genders, and partial memorization for citizens of both genders as well. It covers memorization of (5, 10, 15, 20, and 25) parts of the Holy Qur'an, whether from the beginning or the end.

The number of those who have registered has hitherto reached 1,847 male and female competitors, of whom 1,144 are in full memorization and 703 in partial, with the number of general registrants from residents

reaching 770, while memorisers from residents reached 347, as well as 27 from citizens of both genders, the organizing committee clarified.

The committee stressed that it is very important for competitors to fill out the registration form accurately, and enclose bank account numbers since these are fundamental papers for registration. Additionally, the committee has dedicated a professional team to respond to competitors' queries, help them through the registration process, and remove any potential difficulties they might encounter.

Tests will begin on November 8, 2025, where males shall attend at the Imam Muhammad bin Abd Al Wahhab Mosque and females at the women's activity premises in Al Wasb, while the particulars of the contest schedule will be announced

later, the committee highlighted.

Winners of first place from male and female citizens in the category of full memorization, as well as residents in partial memorization, ought to receive QR100,000 cash for each, while winners of the second place ought to receive QR85,000 and QR70,000 for winners of third place.

Winners of fourth place will get QR60,000 and QR50,000 for winners of fifth place, both male and female.

Overall, the committee grants incentive cash prizes for competitors of both genders who made the cut in the second stage but couldn't advance to the third stage in the category of full memorization, along with cash prizes for those with exceptional recitation voices of all participants. — QNA



**Amiri Guard Commander meets Chinese envoy**

Amiri Guard Commander H E Lieutenant General Staff Hazza bin Khalil Al Shahwani met yesterday at Barzan Camp with Ambassador of the People's Republic of China to Qatar H E Cao Xiaolin. They exchanged views on subjects of shared interest.

## Expatriate communities partner with WSIF to mark Mental Health Day

**VICTOR BOLORUNDURO THE PENINSULA**

**DOHA:** Over 150 voices — government officials, healthcare professionals, academics, artists, and diaspora community members recently gathered to mark World Mental Health Day.

Held under the theme, "Access to Care in Times of Crisis," the event set a poignant tone for the workshop, co-hosted by Gulf Good Vibes and the Workers Support and Insurance Fund (WSIF).

Titled "Bridging the Gap: Strengthening Mental Health Support for Diaspora Communities," the event was a vibrant tapestry of shared stories, hope, and action.

The morning began with a warm glow of unity. Kenya's Ambassador to Qatar H E Mohamed Nur Adan, and Patron of Gulf Good Vibes, delivered an opening address that resonated

deeply. His words wove a vision of mental wellness as a universal right, not a privilege, especially for diaspora communities navigating life far from home.

Moza Al-Mosallam, representing WSIF's Executive Director Kholoud Al-Kubaisi, followed with a call to action, emphasising Qatar's commitment to inclusive support

systems for its diverse workforce. Dr. Rayana Bou Haka, WHO Representative to Qatar, took the stage as the Chief Guest, her keynote was a clarion call. She spoke of global disparities

*A Filipino nurse shared her struggles with isolation, her voice breaking as she described finding solace in community art projects. A Kenyan labourer spoke of stigma, his courage met with applause.*

finding solace in community art projects. A Kenyan labourer spoke of stigma, his courage met with applause.

Breakout sessions buzzed with ideas — mobile mental health clinics, culturally sensitive counselling, and art therapy initiatives.

Artists showcased murals painted by diaspora youth, vibrant colours symbolising resilience. As the day closed, the room felt lighter, alive with connection. Participants exchanged contacts, promising to collaborate on new programmes.

In mental health access, particularly in crises, and shared data that struck a chord: millions still lack basic care.

Her words sparked murmurs of agreement, as attendees — nurses, counsellors, and community leaders — nodded, their own experiences echoing her insights.

The workshop unfolded with raw, heartfelt stories.

A Filipino nurse shared her struggles with isolation, her voice breaking as she described

Gulf Good Vibes and WSIF pledged to advocate for policy changes, ensuring mental health resources reach every corner of Qatar's diverse communities.

This wasn't just a workshop — it was a movement, a bridge built on empathy, creativity, and collective care, destined to grow stronger.



Kenya's Ambassador to Qatar H E Mohamed Nur Adan with other participants during the event to celebrate World Mental Health Day.

## Remarks of the Event

Bridging the Gap – Strengthening Mental Health Support for Diaspora Communities



**Arafa Alhammadi**  
The Divergent Life Architect

# **THE ROLE OF SOCIAL MEDIA & CONTENT CREATORS IN WELLNESS AND DIGITAL PEACEMAKING DURING CRISIS**

Presented by Arafa Alhammadi



Venue

MediaCentre, QBS Studios

Highlight

Buddy Program Training  
Day 2

12T  
H  
OCT

Remarks of Discussion

Interview with Huda Walid (QBS) about GGV and our activities  
QBS audience (participants)

# BUDDY PROGRAM TRAINING

31S  
T  
OCT



## Venue

The Crowne Plaza, Business Park

National Buddy Training Program

4th Cohort

Day 1

## Remark of Discussion

25 Buddies were trained from various companies

Buddy Program Training  
Delivered by Trained MOPH Champions as part of Stage 4 certification

# NOVEMBER HIGHLIGHTS



# 2025



# BUDDY PROGRAM TRAINING

1ST  
NOV



## Venue

The Crowne Plaza, Business Park

National Buddy Training Program

4th Cohort

Day 2

## Remark of Discussion

25 Buddies from various companies trained (Role play) Delivered by Trained MOPH Champions as part of Stage 4 certification.

# BUDDY PROGRAM TRAINING

11TH  
NOV



## Venue

Treffen House,  
Musheireb

## Remark of Discussion

GGV shared insights on the Buddy Program, Monitoring and Evaluation (M&E) tools with Kenyan delegates.

Discussion on returning citizens' assimilation for workers with disabilities and support for diaspora families.

# DOMESTIC WORKERS' BUDDY TRAINING

# 21ST NOV



## Venue

The Crowne Plaza,  
Business Park

Day 1

## Remark of Discussion

MOPH Certified Champions trained domestic workers on  
Mental Health Awareness and the Buddy Programme

28 Attendees

# WORKERS' MENTAL HEALTH AWARENESS

# 22ND NOV



## Venue

Qatar Foundation,  
Awsaj Academy

## Remark of Discussion

MOPH Certified Champions & Buddies introduced the Buddy Programme and Mental Health Awareness to QF employees (Housekeeping,

Maintenance & Safety Departments) Following an invitation by QF and in collaboration with Salem of the Ministry of Labour, WSIF, ILO & ITF

160 Attendees

# DOMESTIC WORKERS' BUDDY TRAINING

# 28TH NOV



## Venue

The Crowne Plaza,  
Business Park

ACTIVATION with  
Role Play

Day 2 37  
Attendees

## Remark of Discussion

MOPH Certified Champions trained domestic workers on Mental Health Awareness and the Buddy Programme

# NATIONAL WALK FOR MENTAL HEALTH

# 28T

# NOV





# NATIONAL WALK FOR MENTAL HEALTH

# 28T

# H NOV



## Venue

Al Bidda Park

Mental Wellness Podcast  
Chat with a few participants

## Remark of Discussion

Supported by MOPH, WSIF, ITF, ILO, BWI, Strongman Gym, and others  
Individual testimonies

120 attendees

# DECEMBER HIGHLIGHTS



# 2025



# YEAR-END EVALUATION, REFLECTION & REPORT

# 5TH DEC



**Venue** Treffen House Msheireb

## Summary of Key 2025 Reflections and Ideas 2026 – GGV

Monthly Engagement Buddy Program  
Expansion Establish Wellness Corners at  
workplaces Mental Health & Community  
Support Events & Partnerships Digital &  
Administration

# Let Your Light Shine Hindi/Sinhala Recording

# 6TH DEC



**with GGV & Ishini Fonseka (Musician/  
Psychologist) Sri Lanka Musician**

**Venue**Alpha Studios

## **Remarks**

Ishini Fonseka (Musician/ Psychologist) Sri Lanka Musician recorded the Chorus Let your light shine in Sinhala and its okay not be okay in Hindi

# MILAHA MENTAL HEALTH AND WELLBEING PROGRAM ON SOCIAL DIALOGUE

# 11TH DEC



## Venue

Waldorf Astoria

## Remarks

Gulf Good Vibes participated as a panel contributor in the MILAHA Mental Health and Wellbeing Program on Social Dialogue for Healthier Workplaces, alongside WSIF, ITF, ILO, and MOL. The dialogue addressed key challenges in migrant-dependent sectors, including cultural stigma, trust barriers, and access to mental health support.

The panel emphasized best practices such as culturally and linguistically appropriate mental health services, empathetic leadership training, employee engagement mechanisms, and peer-support models. Practical interventions—including buddy systems, wellness corners, and gratitude circles—were highlighted as effective, scalable, and low-cost approaches to fostering psychologically safe workplaces.

# KENYAN COMMUNITY - BUDDY AWARENESS PROGRAM

# 12T H DEC

**Venue** Dusit Hotel westbay



## Remarks

Gulf Good Vibes (GGV) participated in the Kenya Independence Day celebrations with a targeted Mental Health and Wellbeing Awareness program. The event was hosted by H.E. Mohamed Nur Adan, Ambassador of the Republic of Kenya, and supported by the Workers Support and Insurance Fund (WSIF). Key dignitaries in attendance included Mrs. Kholoud Al-Kubaisi, CEO of the Workers Support and Insurance Fund; Dr. Rayana Haka Bou, WHO Country Representative; and Ms. Moza Al Mosallam, Head of Administration at the Workers Support and Insurance Fund.

## Dusit Hotel westbay



GGV-MoPH Community Mental Health Champions delivered a 30-minute awareness session on the Buddy/Peer Support Program, followed by a Family Empowerment talk by Dr. Lucy Karugu and Maureen Makau, Rutendo Kututwa and Rufero, Gulf Good Vibes healthcare professionals.

## Dusit Hotel westbay



GGV performed "Let Your Light Shine" by Gulf Good Vibes and Green Maasai. The Qatar-recorded version of the song features an introductory message by Dr. Rayana and is currently available in 16 languages.

Dusit Hotel westbay



Gulf Good Vibes was awarded a Certificate of Recognition by the Kenyan Ambassador to Qatar. GGV performed “Let Your Light Shine” by Gulf Good Vibes and Green Maasai.

270 Attendees

# MEETING WITH CEO WSIF

**Venue** WSIF office MOL west bay

21ST  
DE  
C



## Remarks

2025 reflection and Buddy program Training implementation strategy 2026 meeting led by Mrs. Kholoud Alkubaisi, Executive Director, Workers Support and Insurance Fund & attended by Mooza Al Mosallam from WSIF, and Gulf Good Vibes members Felix Cheruiyot (Team Leader), Rutendo Kututwa (Team Leader Podcast), Poonam Shahadeo and Joyffin Muthoni Programs Support