

# National Buddy Program Mental Wellness Toolkits



## 19<sup>th</sup> September 2025: Buddy Program Training

Time	Activities	Facilitator(s)
7:30 – 8:00	Arrival and Registration	<p><b>Gulf Good Vibes</b>  <i>Wycliffe Yamina</i>            Certified MoPH Champion</p>
8:00 – 8:30	Welcome, Anthem and Ice-breaker	<p><b>Felix Cheruiyot</b>  <i>GGV Team leader</i>            Certified MoPH Mental Health Champion</p> <p><b>Rufaro Chindalo</b>  <i>Special Education Specialist/ Counsellor</i>            Certified MoPH Mental Health Champion</p> <p><b>Dennis Ngethe</b>  <i>Certified MoPH Mental Health Champion</i></p>
8:30– 10:30	<ul style="list-style-type: none"> <li>• Introduction to the Buddy program</li> <li>• What is Mental Health?</li> <li>• Mental Health lies on a Continuum</li> <li>• What is Peer Support?</li> <li>• Who is a Mental Wellness Buddy?</li> <li>• Common Mental Health Challenges</li> <li>• Role of a Champion vs. Buddy</li> <li>• Communication &amp; Active Listening: Why It Matters</li> <li>• Do's &amp; Don'ts of Effective Support</li> <li>• Recognizing distress</li> <li>• Referral</li> <li>• Resources</li> </ul>	<p><b>Rufaro Chindalo</b>  <i>Special Education Specialist/counsellor</i>            Certified MoPH Mental Health Champion</p> <p><b>Ehab Medhat</b>  <i>Instructional Designer and Wellness Trainer</i>            Certified MoPH Mental Health Champion</p> <p><b>Blessings Osereme</b>  <i>Volunteer and certified MoPH Mental Health Champion</i></p> <p><i>and all other MoPH Champions</i></p>
10:30 –10:45	<b>BREAK</b>	<b>BREAK</b>

10:45 – 11:45	Monitoring and Evaluation Kobo toolkits	<b>Dr. Abdul Lateef</b> <i>Occupational Health and Safety Professional</i> <b>Rufaro Chindalo</b> <i>Special Education Specialist/counsellor</i> <i>Certified MoPH Mental Health Champion</i>
11.45 -12:30	<b>Role plays</b> <b>Activity: Scenario Sorting – Buddy or Beyond?</b>	<b>Poonam Shahadeo</b> <i>Clinical Psychologist</i> <i>Certified MoPH Mental Health Champion</i>  <b>Mercy W. Macharia</b> <i>Welfare Officer (Security)</i> <i>Certified MoPH Mental Health Champion</i>
12:30-12:50	Feedback Q &A	<b>Joyfinn Muthoni</b> <i>Certified MoPH Mental Health Champion</i>
12:50-01:00	Breathing and Reflection	<b>Trish Bedford</b> <i>Art Psychotherapist Wellness Traineer</i>

## 20<sup>th</sup> September 2025: Skills Practice through Role Play & WHO Wellbeing Toolkits

Time	Activities	Facilitator(s)
7:30 – 8:00	Arrival and Registration	<p><b>Gulf Good Vibes</b></p> <p><i>Wycliffe Yamina</i>  <i>Certified MoPH Mental Health Champion</i></p>
8:00 – 8:30	Welcome, Anthem and Ice-breaker	<p><b>Felix Cheruiyot</b></p> <p><i>Team Leader,</i>  <i>Certified MoPH Mental Health Champion</i></p> <p><b>Rufaro Chindalo</b></p> <p><i>Special Education Specialist/counsellor</i>  <i>Certified MoPH Mental Health Champion</i></p> <p><i>Wycliffe Yamina</i></p>
8:30– 10:30	<p><b>Buddy Program Activation</b></p> <p>Recognizing distress</p> <p><b>Role Play</b> and Feedback</p>	<p><b>Sanjeev Kumar Sharma</b></p> <p><i>PRO Workers' Welfare</i>  <i>Certified MoPH Mental Health Champion</i></p> <p><b>Rutendo Kututwa</b></p> <p><i>Team Leader, Podcast</i>  <i>Education Specialist</i>  <i>Certified MoPH Mental Health Champion</i></p> <p><b>Rufaro Chindalo</b></p> <p><i>Special Education Specialist/ Counsellor</i>  <i>Certified MoPH Mental Health Champion</i></p> <p><b>Ehab Medhat</b></p> <p><i>Instructional Designer and Wellness Trainer</i>  <i>Certified MoPH Mental Health Champion</i></p> <p><i>And other Certified MoPH Mental Health Champions</i></p>
10:30 – 10:45		

	<b>BREAK</b>	<b>BREAK</b>
10:45 - 11:00	Ice-breaker	<b>Dennis Ngethe</b> <i>Certified MoPH Mental Health Champion</i>
11:00 – 12:30	<b>WHO Kobo Toolkit</b> Role Play <ul style="list-style-type: none"> <li>• New Buddies</li> <li>• Extra practice</li> </ul>	<b>Kobo Certified Buddies</b>
12:30 - 12:55	<ul style="list-style-type: none"> <li>• Feedback</li> <li>• Q &amp; A</li> </ul>	<b>Zienab Anwar</b> <i>Program Officer</i> <i>International Labour Organization</i>
12:55 -13:00	Plenary	

