



ABOUT THE TRAINER

Dr. Enock E. Mlyuka is the Founder and Executive Director of Tanzania Marriage and Child Care Foundation (TaMCare). TaMCare offers, among other things, marriage enrichment trainings and counseling in the work places to assist workers manage relationships at home and at work in achieving a better life through individual effectiveness, commitment and self-management.

Dr. Mlyuka is a respected ordained minister, marriage and relationship counselor, researcher, trainer and management consultant.

He is the author of various books and articles that educate the community. He has been teaching Human Resources Management, Business Management Foundations of Faith and Ethics, Leadership, Administration, and Organizational Behaviour courses at various universities in Tanzania.

His marriage to Julieth is over 25 years old.



MARRIAGE ENRICHMENT TRAINING and Employee counseling in the Workplace

**TANZANIA MARRIAGE AND CHILD CARE FOUNDATION
(TaMCare)
PRESENTS MARRIAGE ENRICHMENT TRAINING IN THE WORKPLACES**

Objective: To help workers become more self-aware, explore feelings and thoughts that evolve in relationships and gain a deeper understanding of their partners, encourage empathy and intimacy, and develop effective communication and problem-solving skills.

AREAS OF FOCUS FOR TRAINING SESSIONS

- Marriage and work environment connections (work-life balance)
- Secrets of a happy and successful marriage
- The home, work and its social relationships
- Job-related communication skills
- Work-family conflict management
- Marriage and sexuality
- Stress management
- Marriage satisfaction
- Personality dynamics
- Money and couple's relationships
- Mobile phone etiquettes.
- Positive parenting
- Marital property rights
- Managing change and ambiguities
- Family business succession planning
- Retirement preparation skills
- AIDS and the family.

EXPECTED OUTCOMES

- Improved psychological health in employees such employees' involvement, work-life balance, employee growth and development
- Decreased costs related to turnover, burnouts, absenteeism, and accident-related disability;
- Improved employee job performance and therefore increased productivity
- Improved ability to attract and retain quality employees;
- Improved customer service and satisfaction;
- Decreased healthcare costs;
- Improved work environment and enhanced personal growth.
- Increased internal trust relations and a healthy work environment.

FOR FURTHER INFORMATION

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