**Koketso Somolekae**

Certified Counselor, Mental Health Activist, Public Speaker

*Language: English | Location: Gaborone, Botswana*

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**Summary**

I am passionate about empowering youth and promoting mental health, which motivated me to pursue a BA in Counselling at Boitekanelo College. I have also completed multiple online courses and certificates on topics such as cognitive behavioural therapy, supporting individuals with disabilities and mental illness, and mental health. In addition, I was a mentee at HOPE worldwide, a global organization that provides humanitarian and development assistance to vulnerable communities. Through this program, I have gained valuable insights and skills on how to work with diverse and marginalized populations. I was a counselor at Mebala Youth Studios where I supported young people who are facing various challenges, such as substance abuse, trauma, or mental health issues. I used art therapy techniques to help them express their emotions, cope with stress, and build resilience. I also participated in community outreach and education programs to raise awareness and reduce stigma around mental health. Besides my counselling work, I am also a fashion model at Botswana Kutlwano Magazine, where I showcase my creativity and confidence. I use this platform to advocate for mental health and social justice issues, as well as to inspire other young people to pursue their dreams and passions. I am also a Rotaractor, a member of a global network of young leaders who volunteer for social causes and professional development. I enjoy collaborating with other like-minded individuals who share my values and goals.

**Links**

LinkedIn[**:** https://www.linkedin.com/in/koketso-s-91b047220/](https://www.linkedin.com/in/koketso-s-91b047220/)

**Work Experience**

**The Learning Center School –** *Peer Mentor*

*Gaborone,Botswana*

***September 2024 - current***

* Provide guidance, support, and encouragement to help them navigate their academic and personal challenges.
* Offer valuable insights and advice, fostering a supportive and trusting relationship.
* -Provide guidance and support by helping mentees with academic advice, such as course selection, study strategies, and time management.
* Provide emotional support, helping them cope with stress and build confidence.
* Serve as a role model by demonstrating effective behaviours and attitudes.
* Connects mentees with resources, such as tutoring centres, counselling services, and extracurricular activities, to enhance their overall college experience.

**Mebala Youth Studios –** *Couselor*

*Gaborone,Botswana*

***June 2023 – July 2024***

* Provide counselling sessions, (one-on-one and group sessions)
* Provide a safe space for young individuals to express their thoughts, seek guidance, and navigate life’s challenges.
* Plan and host mental health events, workshops, trainings, expo's and symposiums and art therapy sessions
* Moderate and participate in panel discussions-
* Do presentations at different events
* Represent the organization
* Train student counsellors
* Do referrals and work with allied professionals
* Do TV debuts, radio interviews, podcast sessions
* Participate in research interviews
* Trained student counsellors through role-playing scenarios, case studies, and reflective discussions

**Girls For Girls Botswana -** *Mentee*

*Gaborone, Botswana*

***April 2024 – September 2024***

* Focus on personal and professional growth
* Attend both in-person and online cohort sessions,
* Access a network of inspiring mentors and leaders.

**Rotaract –** *Volunteer (Foundation Committee member)*

*Gaborone, Botswana*

***February 2021 - current***

* Actively contribute to Rotary’s mission of service and community impact.
* Supporting and implementing initiatives related to The Rotary Foundation.
* Collaboration, fundraising, and advocacy

**Botswana Kutlwano Magazine** — *Fashion Model*

*Gaborone, Botswana*

***October 2022 -Present***

* Participate in captivating photoshoots and runway presentations
* Showcase the latest trends and inspire readers

**Omoi** — *Community Associate and Counsellor*

*Nigeria*

***April 2024 - Present***

* Building meaningful connections and fostering growth within the Omoi Clan community.
* Create a vibrant and supportive environment where tech talents come together to learn, collaborate, and uplift one another.
* Organize virtual events, facilitating workshops, or sparking engaging conversations.

**She Code Africa** — *Member*

*Gaborone, Botswana*

***March 2024 - Present***

Participate in She Code Africa's offline training programs and events, which cover a wide range of tech topics such as software development, data science, and cybersecurity.

Network with other members of the She Code Africa community

**Society of Road Safety Ambassadors** — *Volunteer*

*Gaborone, Botswana*

***July 2023 – June 2024***

* Contribute to promoting road safety awareness and education.
* Facilitate trainings
* Do TV Debuts and radio interviews
* Participate in national tv show
* Participate in road safety campaigns
* Represent the organization in high level meetings-
* Attend online and in-person trainings
* Attend courtesy meetings with Ambassadors

**Program Committees**

**She Code Africa** — *Member*

*Gaborone, Botswana*

***March 2024 - Present***

Participate in She Code Africa's offline training programs and events, which cover a wide range of tech topics such as software development, data science, and cybersecurity.

Network with other members of the She Code Africa community

**Generation Unlimited** — *Member*

*Gaborone, Botswana*

***June 2023 - Present***

Engage in collaborative initiatives, we advocate for sustainable development, education, and empowerment

**HOPE worldwide** — *Mentee*

*Gaborone, Botswana*

***June 2023 - Present***

* Received sexual and reproductive health education, livelihood training, and life skills.
* Attended mentorship sessions, workshops, and community engagement-Built networks

**Education**

**Boitekanelo College,** (Gaborone, Botswana*)*

*BA in Couselling*

*May 2020 – July 2024*

**Certifications**

* YALI Organizational development for volunteer-based initiatives
* UNICEF Certificate in How to provide initial support to survivors of gender based violence
* Certificate in Art therapy
* Certificate in Supporting individuals with disabilities and mental Illnesses
* Diploma in Cognitive Behavioural therapy
* Diploma in mental health
* Teacher of English To Speakers of Other Languages ( TEFL)
* YALI Certificate Mental Health and wellness
* Aspire Leadership program certificate
* Certificate in Land, Legal Empowerment and Forced Displacement
* Certificate in Integrating Gender Equality and Inclusion for High Quality
* Certificate in Climate Change and Resilience
* Certificate in Incorporating Gender Equality Inclusion Analysis Across the Education Cycle
* Certificate in Gender Based Violence
* Certificate in Digital Marketing

**Skills**

* Teaching
* Digital Literacy
* Soft Skills
* Program Development
* Road Safety
* Vocational Skills
* Time Management
* Digital Marketing
* Financial Literacy
* Budgeting
* Group Counselling
* 1 on 1 Counselling
* Multitasking and Prioritization
* Leadership
* Problem Solving
* Communication
* Public Speaking
* Presentation Skills
* Marketing

**Competencies**

* Community Building
* Capacity Building
* Environmental Awareness and Education
* Advocacy and Political Influence
* Youth Advocacy
* Advocacy for Gender Equality
* Community Development
* Community Engagement
* Community Service
* Creativity
* Flexibility and Adaptability
* Active Listening
* Interpersonal Skills
* Teamwork
* Adaptation
* Mental Health Counselling
* Entrepreneurship
* Client Confidentiality
* Target Focused

**Projects**

**International television drama research ‘’LIAR’’**

Botswana Ignite, a collaborative effort between the Department of Broadcasting Services (DBS) and Steve Harvey Global, aims to breathe new life into Botswana’s creative economy. Their exciting projects include an international television drama that will be produced right here in Botswana this year. This drama will tackle critical social issues, and rape is high on their agenda.The Botswana Ignite team is actively involving community organizations and stakeholders. By amplifying voices and fostering dialogue, they’re committed to creating impactful content that resonates with our local context.

**Issues on Read-TV Show**

Issues on Read, a collaborative project between Mebala Youth Studios and the German Embassy in Botswana. This initiative aims to address gender-based issues faced by young women and foster awareness and engagement from all to encourage dynamic and impactful conversations.
The Issues on Read TV Show will comprise 13 episodes, each 24 minutes in length. Using an
intersectional lens, we will engage with some of the most inspiring and relevant spokespersons on topics such as the GBV in Media, Myths, and Misconceptions about GBV, the influence of
Intersectionality on GBV, and techniques to heal and recover. Those topics will be discussed in a
welcoming and comfortable living room atmosphere, to reach Botswana´s youth. We will give
survivors a platform to talk about their experiences and spread awareness together with experienced guests and engaged activists to bring the silence around GBV to light .As part of Episode 1, we discussed the role social Media and Pop Culture play in regards of GBV.

**Silent Shout Program, BTV**

Had the opportunity to do an interview with Silent Shout Program, BTV. We embarked on a profound exploration of bullying—one that transcends school walls and resonates across society.
From my counseling vantage point, we dissected the intricate layers of bullying:
***1. The Hidden Threads:*** Bullying threads its way through lives, affecting mental health, self-worth, and relationships. We acknowledged its pervasive presence.
***2. Empathy for All:*** Our discussion extended beyond victims to include bullies themselves. Beneath their actions lie untold stories of pain and vulnerability.
***3. Community Responsibility:*** Schools, families, workplaces—each plays a role in combating bullying. We brainstormed strategies for prevention and intervention.
***4. Digital Realities:*** Cyberbullying, online harassment, and the impact of social media—these modern challenges demand our attention. How can we foster kindness in digital spaces?
A Call to Action
Let’s amplify awareness, challenge stereotypes, and create a world where compassion prevails.

**Transformative Mindfulness Event**

Co-hosted an impactful mindfulness event , integrating ancient wisdom and contemporary practices. Participants embarked on a profound journey of self-discovery, leveraging conscious breathing techniques to alleviate stress, enhance vitality, and awaken their latent potential. From immersive breathwork sessions to comprehensive wellness workshops, we fostered holistic well-being.

Our approach was grounded in evidence-based methodologies, including mindfulness-based stress reduction (MBSR) and positive psychology interventions. Attendees explored the intersection of cognitive-behavioral strategies and somatic awareness, cultivating resilience and emotional regulation. The event’s curriculum drew inspiration from flow theory, emphasizing the delicate balance between challenge and skill to optimize well-being.
As we navigated the terrain of self-discovery, participants courageously shared personal struggles—moments of anxiety, self-doubt, and vulnerability. Together, we uncovered resilience strategies, emphasizing the transformative power of radical acceptance and compassionate self-talk.

**BTV’s Itshireletse program**

A collaboration with the Botswana Police Service PRU Unit was a pivotal moment in our quest for safer roads. Our shared vision and dedication were captured in an interview that will feature in an upcoming episode of BTV’s Itshireletse program. This segment promises to highlight the essence of our partnership, showcasing the proactive steps we are taking together to ensure the safety of every traveler.

**16 days of Activism to prevent violence against women and girls**

Kgosigadi Network and Bullsheep collaborated to bring together a panel discussion under the theme “BREAKING THE SILENCE; championing survivor support and protection in Botswana”, of which I was part of the panel. My duty was to bring my expertise in GBV and Mental health issues.
The panel discussion was all about breaking the silence surrounding gender-based violence, creating a space where survivors can not only share their stories but also rebuild their lives with dignity, empowering survivors, and contributing to the eradication of gender-based violence in our society.

DISCUSSION TOPICS
1)Power of storytelling
2)Support systems for survivors
3)Challenging victim-blaming and stigma
4) Legal protections and Justice
5) Community engagement and responsibility

**Loss and Damage workshop series**

A workshop fostering environmental awareness and climate resilience among nature based tourism operators. I addressed mental health challenges which such communities or industries that are reliant on the environment because acts of God are bound to disrupt daily functioning and so there is need to successfully navigate the stressors that are common in the day-to-day lives of tourism operators and their surrounding communities.

**7th World Wellness Weekend**

I was part of the panel discussion on the stigma surrounding mental health stress in the workplace, protective and risk factors associated with it. The resources available in Botswana to help with mental health issues and coping mechanisms.

**Gender norms and mental health**

A panel discussion focused on understanding how gender roles and expectations contribute to mental health challenges.

**Boitekanelo College and Ministry of Health’s 16th anniversary celebration**

Had the opportunity to be part of the celebration and pleasure to engliten the Minister of Health and member of Parliament for Mmathethe and Molapowabojang, Dr.Edwin Dikoloti and the dignitaries on what BA in Counselling is all about.

**Phronesis International College’s inaugural Wellness Day**

I had the honour of being a keynote speaker and meditation facilitator at Phronesis International College’s inaugural Wellness Day a transformative event dedicated to physical, mental, and emotional well-being. Through my keynote address, I shared insights on the power of mindfulness, self-awareness, and personal responsibility in shaping a balanced and fulfilling life. Engaging with students who were eager to embrace wellness practices was truly inspiring. As a meditation facilitator, I led sessions that introduced practical techniques for stress management, focus enhancement, and inner peace. Watching students experience moments of stillness and self-discovery reinforced the importance of integrating mindfulness into everyday life. Grateful to Phronesis International College for prioritizing holistic wellness and creating a space for learning, growth, and empowerment. This initiative is a testament to their commitment to nurturing well-rounded individuals ready to take charge of their future.

**Skills:** Group Facilitation · Communication · Mindfulness Meditation · Public Speaking · Motivational Speaking

**Referees**

Reference 1

Full Name: Takudzwa Lennon Muhita

Position: Cousellor and Human Resources

Company: Mebala Youth Studios

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Phone: +267 74 774 216

Relationship: Supervisor - Mebala Youth Studios

Reference 2

Full Name: Kefentse Mosarwane

Position: Counselling department HOD

Company: Boitekanelo College

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Relationship: Boitekanelo College