

# Artefact

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# Overview

During my internship with **Arct Ruhuka**, I developed expertise in supporting communities to address mental health challenges, including daily struggles related to rights violations and violence. I gained valuable insights into the psychological disorders affecting youth aged **14-25** and learned effective counseling techniques to guide them toward personal growth and development. This experience equipped me with the tools to help young individuals navigate their challenges, create a positive life journey, and achieve their full potential.



## Summary & GCGO's on my Artefact

This artefact will help me develop my mission by providing practical tools and insights to support youth mental health and employment in rwanda. it shows me how to effectively combine counseling, skills training, and job creation to break the cycle of unemployment and poor mental health.

It will also guide me in creating programs that promote good mental health, enabling youth to thrive in their personal development. by addressing mental well-being, I can help them build confidence, resilience, and focus, which are essential for achieving their goals. it will also help me build stronger partnerships with communities and organizations to scale impact. by using these learnings, I can better achieve my goals of job creation and healthcare improvement by making a meaningful difference in rwanda.