



**Dear New Member,**

Welcome to Africa Jipende Wellness (AJW), where we customize our wellness programs to suit your needs. These programs will allow you to enjoy a journey towards psychological and emotional wellness. Our customized programs equip our members with an educational and therapeutic route to discovering how their brains function. Here at AJW, we believe that people deserve the right to establish a healthy relationship with themselves. Therefore, allowing them to have a healthy relationship with others.

We have also discovered that once you have created this, you will be able to develop an assertive communication style. Therefore, creating healthy boundaries. We hope that you will be able to understand and communicate with your personality and temperament better, especially in different social dynamics, ones you have completed our programs. Through this journey, we will also get the opportunity to understand our members while encouraging you to strive in reaching your full potential as a member of a healthy society. As your ally, we encourage you to explore your life with the fundamental principles that you will learn in this program. We hope that after you have completed your program with us, you will be able to be comfortable in the new healthy identity you have established.

Through this, it will allow you to modify your character into the person you desire to be. Remember that you have a wellness wheel that needs care, love, peace, and hope. However, the effort must come from you. If you don't put in the effort then you will not get the results. There is a limit to what our programs can provide you, but it all depends on you. Thank you for allowing us to start this journey with you.

We wish you the best during and after the completion of this program. Please never hesitate to contact us, as we will always be your ally and strive to support to your needs.

**Kind Regards**

**Rubie Miseda MBPsS - Founder of Africa Jipende Wellness**

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