SENZEKILE
Counselling And Training Institute

Senzekile Shongwe
Employee Wellness Specialist | EAP Expert | Keynote Speaker | Mental Health Educator
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Senzekile Shongwe is a seasoned mental health and employee wellness specialist with nearly a decade of experience in delivering impactful mental health solutions across corporate, educational, and community sectors. She is the Founder and Operations Director of Senzekile Counselling and Training Institute (S-CTI), a pioneering organization providing practical counselling training, affordable therapeutic services, and wellness education for both professionals and the public.

With a Psychology education background and a deep understanding of South Africa's psychosocial landscape, Senzekile has worked extensively as an EAP Specialist, trauma-informed counsellor, and consultant for some of the country's leading organizations, including KPMG, EY, Vodacom, Eskom, UNISA, Danone, Mr Price Group, SACAP, and many others.

She is a sought-after keynote speaker and facilitator on topics such as psychological safety, resilience, burnout prevention, and employee mental health. Through her work, she has led strategic wellness interventions, conducted on-site trauma debriefings, and facilitated high-impact mental health training for HR teams, managers, educators, and frontline workers.

Senzekile's work is marked by a strong commitment to cultural relevance, inclusivity, and sustainability. Her expertise includes designing mental wellness programs, crisis intervention, grief support, workplace policy advising, and employee mental health strategy implementation. She is widely recognized for her dynamic presentation style and her ability to engage diverse audiences on critical issues affecting psychological well-being at work and beyond.

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