



CORPORATE
PROOFFILE





*Empowering modern women
with timeless wisdom.*





INTRODUCTION

Professional Tanzania Marriage Workshop (PROT) is an organization dedicated to empowering women by providing comprehensive education and support around the issues of intimacy and marriage. By providing pre-marital coaching, clinical sessions, corporate & social workshops and events.

We create spaces where women can openly explore and discuss topics about intimacy, relationship dynamics and the challenges that arise within marriages. Through our professional experience, we aim to promote sexual health, communication, emotional connection and practical solutions to intimacy related concerns.

Our program integrate expert-led discussions on sexology, ensuring that women have access to professional guidance on the issues surrounding intimacy and sexual health. In addition to clinical sessions, workshops and coaching, we are constantly developing a wide range of products that are designed to support intimacy and create stronger bonds between partners thus ensuring happier marriages and stable families in our societies and the nation at large.

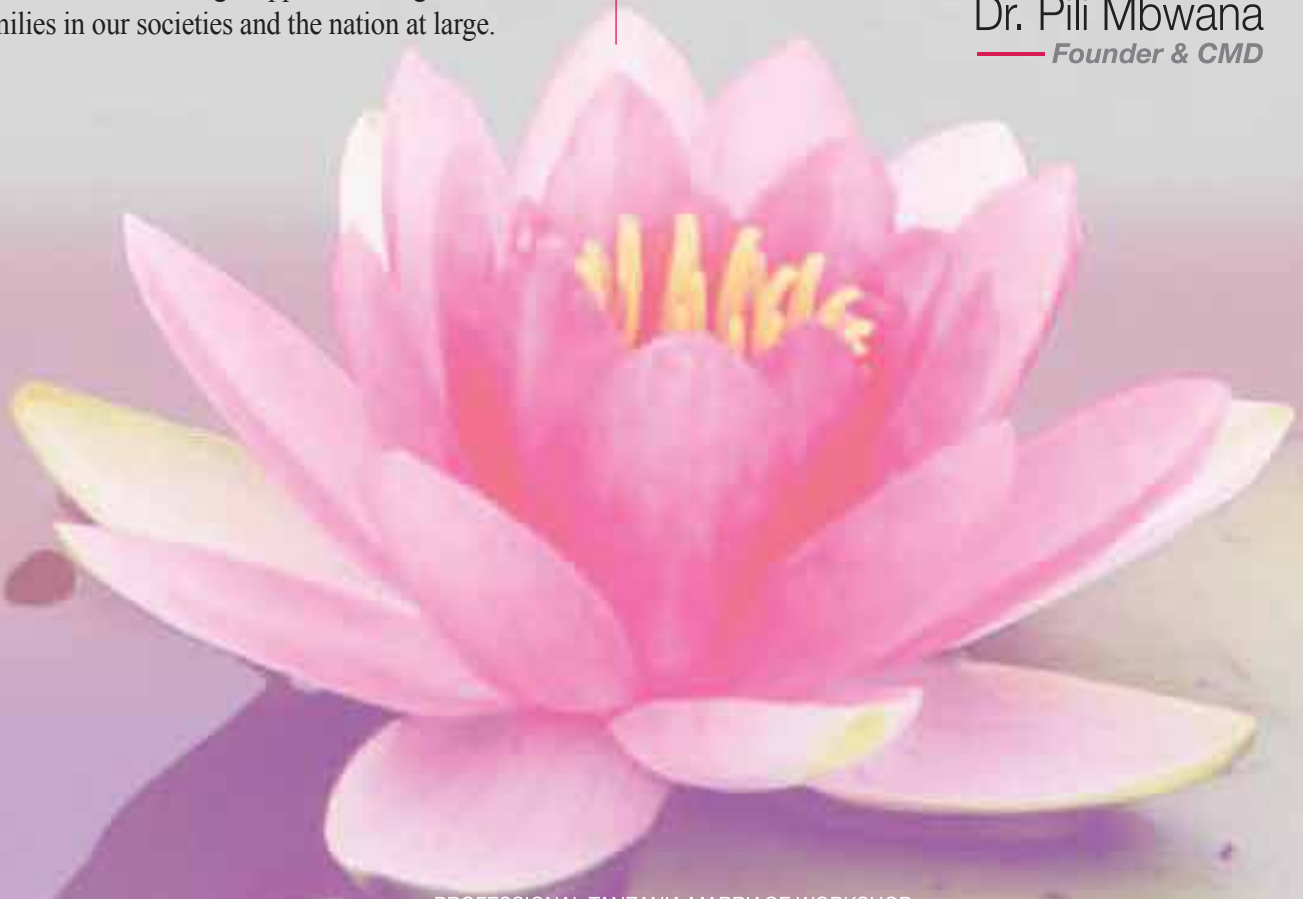
As an organization we strive to bridge the gap between traditional sexual socialization (Unyago) and the evolving realities of modern relationships through the eyes of science with the help of trained professionals.

Our goal is to cultivate a more open, informed and culturally sensitive approach to discussing intimacy. One that acknowledges the nuances of tradition while embracing the needs of the current generation, by promoting professionalism expertise in this often-taboo area.

PROT seeks to normalize the conversation around intimacy and marriage, empowering women to navigate these aspects of their lives with confidence and dignity.



Dr. Pili Mbwana
— **Founder & CMD**



OVERVIEW

Professional Tanzania Marriage Workshop (PROT) is an organization that is registered under the laws of The United Republic of Tanzania, at Brela.

As an organization we are all out to bridge the gap between traditional sexual socialization (Unyago) and the evolving realities of modern relationships through the eyes of science with the help of trained professionals.

PROT provides comprehensive sexual health and solutions through pre-marital coaching, clinical sessions, corporate & social workshops as well as events that promote sexual health and awareness.

PROT uses scientifically proven technics that are coupled with vast knowledge and experience from well trained professionals, that are strongly backed by various partners that we work with.

We possess the flexibility in responding to the ever changing demands, opportunities, challenges and disruptions of the ever developing, transforming relationships environment that the modern woman keeps encountering in this day and age.

Our reputation emanates from PROT being able to listen, diagonise and recomend the best solution to be used to achieve the desired outcome in a modern womans world. We establish long-lasting relationships with all our clients, by keeping our confidentiality commitments and adding value to our clients' life.





OBJECTIVE

We have a clear objective to cultivate a more open, correctly informed and culturally sensitive approach to discussing intimacy.

While acknowledging the nuances of tradition while embracing the needs of the current generation, by promoting professionalism and expertise in this often-taboo area.





PROT targets professional and corporate women who are seeking to strengthen their relationships, improve their confidence and better understand intimacy through a safe, respectful, modern and professional platform.



We aim to restore balance and joy in relationships while celebrating womanhood in all its forms.

We promote intimacy education as a form of self-love, communication and empowerment, not taboo.





Our ethos is rooted in the belief that true empowerment begins with self-awareness and cultural pride.

By reintroducing traditional sexology teachings (unyago), through a modern lens of interdisciplinary scientific study of human sexuality that draws from fields like psychology, sociology and medicine that base their work on empirical evidence and research rather than personal morals, myths, or biases.





— VISION —

To be East Africa's most trusted professional brand for intentional relationships (intimacy education), by offering a full spectrum of services and products that will create a generation of empowered women who celebrate their sexuality, relationships and cultural identity with confidence, knowledge and grace.

— MISSION —

We are committed to empowering women through culturally inspired education, professional training, and access to tools that enhance self-awareness, intimacy and marital fulfillment.

By combining ancient African wisdom with modern scientific expertise to promote love, confidence and balance in relationships.





Empowerment

We believe that education and awareness are the foundation of personal and relational transformation.

Integrity

We uphold the highest standards of professionalism, confidentiality, and respect in all our interactions.

Cultural Pride

We honor African traditions and reinterpret them with sensitivity and relevance to modern contexts.

Innovation

We combine traditional teachings with modern research to create impactful and useful programs, services and products.

Inclusivity

We provide a safe and supportive environment for all women, regardless of age, background or belief.

Balance

We promote harmony between tradition, modernity, love and personal growth.





We promise our clients a holistic approach through research-based education, counseling and therapy; thus helping individuals and couples to achieve sexual wellness, fulfilling sexual lives and overall well-being within a safe and non-judgmental environment that's acceptable both culturally and scientifically.

Our key promises and benefits include:

1. ***A Safe Space:*** We provide a shame-free, non-pathologizing, and confidential environment.
2. ***Comprehensive Education:*** We provide evidence - based information about sexual anatomy, health, and functioning to dispel myths, overcome misconceptions and build sexual literacy.
3. ***Addressing Dysfunctions and Concerns:*** We offer strategies and therapeutic approaches to manage various issues, such as erectile dysfunction, low libido, painful sex, difficulties with orgasm, performance anxiety and the impacts of depression or anxiety on sexual health.
4. ***Healing from Trauma:*** We have trained Practitioners in trauma-informed care who provide the necessary support and tools for clients who have experienced sexual harassment, assault, abuse, or historical trauma to heal and rebuild trust.
5. ***Enhancing Relationships and Intimacy:*** We work with individuals and couples to improve communication skills, foster emotional and physical intimacy, resolve conflicts, reignite passion & joy in their relationships.
6. ***Promoting Self-Discovery and Confidence:*** We empower our clients to explore & define their sexual identity, build self-confidence & self-belief, strengthen their relationship with themselves & others.
7. ***Integrating Sexual Health into Overall Wellness:*** We recognize that sexual health is a critical component of overall physical, emotional and mental well-being, we use a holistic approach to help clients achieve a greater quality of life.
8. ***Ultimately:*** We promise to empower clients to better understand their desires, overcome barriers and cultivate healthier, more joyful and fulfilling sexual lives, free from coercion, discrimination and violence.





SERVICES

EDUCATIONAL WORKSHOPS

Professional, culturally grounded sessions on intimacy, communication, and relationship dynamics.

MARRIAGE & RELATIONSHIP TRAINING

Evidence-based training for couples and individuals preparing for or navigating marriage.

EMPOWERMENT RETREAT

Exclusive retreats focused on self-awareness, confidence, and emotional well-being.

CLINICAL SESSIONS

For individuals with medical conditions that impair intimacy.

RESEARCH & ADVOCACY

Promoting openness, understanding, and respect around sexual education and cultural heritage.

PRODUCT LINE

A curated collection of products that promote healthy.



DESCRIPTION OF ORGANIZATIONAL ACTIVITIES

1 EDUCATION WORKSHOPS

The Education Workshops conducted by PROT are structured learning sessions designed to provide scientific, professional, and academic knowledge related to intimacy, relationships, and marriage.

These workshops are primarily educational in nature and are facilitated by trained professionals such as counselors, educators, health professionals, and relationship specialists.

Key Focus Areas:

- Scientific understanding of intimacy and relationships
- Emotional and psychological aspects of marriage
- Communication skills in relationships
- Sexual health education
- Relationship dynamics and conflict resolution
- Gender roles and expectations in modern relationships
- Mental and emotional well-being in marriage
- Family and relationship development

Target Participants:

- Professionals
- Counselors and facilitators
- Educators
- Community leaders
- Individuals interested in relationship education
- Organizations and institutions

Methodology:

The workshops are delivered using:

- Lectures and presentations
- Group discussions
- Case studies
- Educational demonstrations
- Research-based learning materials
- Interactive learning tools

These sessions are designed to be academic, evidence-based, and professionally structured

2 MARRIAGE AND RELATIONSHIP TRAINING

Marriage and Relationship Training programs are designed specifically for:

- Married couples
- Engaged couples
- Individuals preparing for marriage
- Couples seeking relationship improvement

These training sessions focus on providing honest, practical, and culturally respectful education about intimacy and relationship satisfaction.

Key Training Topics:

- Understanding intimacy in marriage
- Building emotional and physical connection
- Communication between partners
- Trust and respect in relationships
- Managing expectations in marriage
- Conflict management and resolution
- Truths and realities about intimacy in marriage
- Techniques for achieving satisfying and enjoyable marital relationships
- Strengthening marital bonds

Cultural Integration

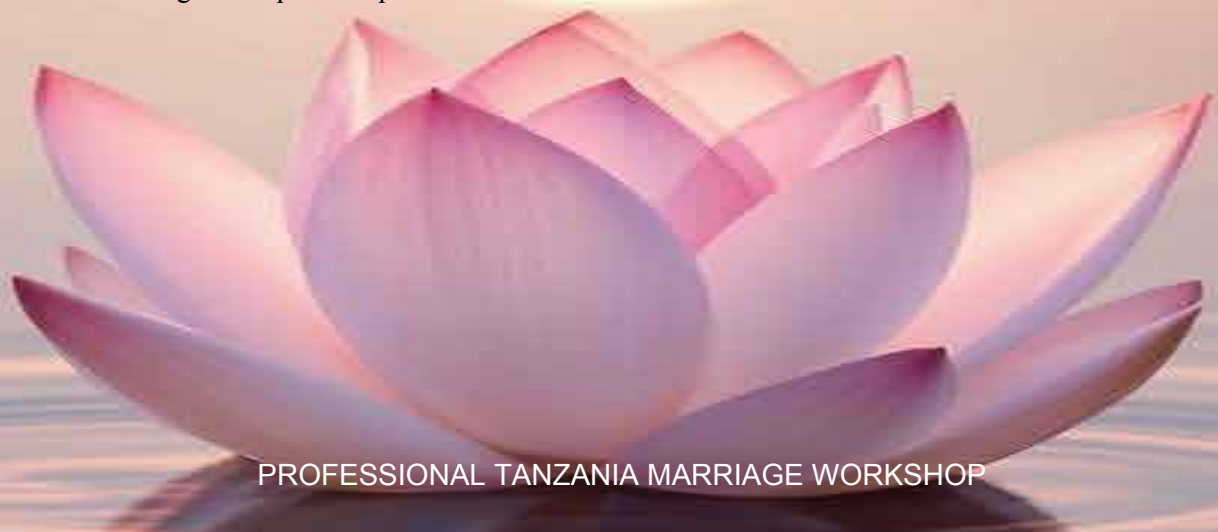
PROT integrates traditional teachings such as:

- Unyago teachings
- Traditional dance (Ngoma)
- Cultural storytelling and guidance

These traditional methods are carefully translated into modern educational frameworks using scientific knowledge and professional guidance to ensure relevance, accuracy, and safety.

Training Tools Used:

- Educational discussion materials
- Demonstration tools
- Communication exercises
- Relationship-building activities
- Educational cards (e.g., intimacy and communication cards)
- Modern learning techniques compatible with Tanzanian culture



3 EMPOWERMENT RETREATS

Empowerment Retreats are structured events designed to create a safe, supportive, and engaging environment where participants can learn, interact, and discuss relationship and intimacy topics in a relaxed and enjoyable setting.

These retreats combine education, recreation, and personal development.

Purpose of Empowerment Retreats:

- To promote open discussion about intimacy and relationships
- To build confidence and self-awareness
- To strengthen emotional connections
- To create a supportive community environment
- To encourage learning through shared experiences

Activities Included:

- Educational sessions
- Group discussions
- Team-building activities
- Recreational and wellness activities
- Guided relationship conversations
- Confidence-building exercises
- Personal development workshops

These retreats emphasize learning while having fun, creating a balanced environment that supports both education and personal growth.





4 PRODUCT DEVELOPMENT AND PRODUCT LINE

PROT designs and develops educational and supportive products intended to strengthen intimacy, communication, and emotional bonding between partners.

These products are created in alignment with cultural values, professional standards, and educational objectives.

Purpose of the Product Line:

- To support relationship education
- To improve communication between partners
- To strengthen emotional and physical bonding
- To provide practical tools for relationship development
- To enhance learning experiences during training and workshops

Types of Products:

The organization plans to develop simple, culturally appropriate, and educational products such as:

- Relationship and communication cards
- Intimacy education cards
- Guided conversation tools

- Educational booklets and manuals
- Relationship journals
- Couple activity guides
- Training support materials

All products are designed to be:

- Educational
- Culturally appropriate
- Safe and responsible
- Supportive of healthy relationships
- Easy to use

These products may be used during workshops, training sessions, retreats, and personal relationship development.

PROFESSIONAL AND ETHICAL APPROACH

All activities conducted by PROT follow professional and ethical standards, including:

- Respect for cultural values and traditions
- Use of trained facilitators and professionals
- Evidence-based educational content
- Confidentiality and privacy protection
- Responsible communication about intimacy and relationships
- Compliance with Tanzanian laws and regulations

TARGET BENEFICIARIES

The services and activities of PROT are intended to benefit:

- Women
- Married couples
- Engaged couples
- Individuals preparing for marriage
- Families
- Community groups
- Corporate organizations
- Social institutions



8. CONCLUSION

Professional Tanzania Marriage Workshop (PROT) is committed to promoting healthy relationships, informed decision-making, and strong family structures through professional education, culturally respectful training, and innovative relationship-support tools.

Our activities aim to bridge the gap between traditional teachings such as Unyago and modern scientific understanding of relationships and intimacy. Through education, training, empowerment retreats, and product development, PROT seeks to contribute positively to individual well-being, marital stability, and community development in Tanzania.

This document is respectfully submitted to support the registration and recognition of our organizational activities.

Prepared by:

PROFESSIONAL TANZANIA MARRIAGE WORKSHOP (PROT)

Date: _____

Signature: _____



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PROFESSIONAL TANZANIA MARRIAGE WORKSHOP

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