



EXECUTIVE SUMMARY OF DR SAMKE NGCOBO

I am a dynamic, driven and passionate medical professional who has a passion for issues related to mental health advocacy and mental health psycho-education. I am living with Bipolar Disorder since the age of 14 years old (for the past 21 years). I have a commendable work ethic and excellent interpersonal skills. I value purpose-driven living and creating a legacy that will benefit the greater good in the long-term through philanthropy.

CAREER BACKGROUND

- I am a qualified medical doctor who has extensive years of work experience in the clinical field
- I have 5 years of work experience of working in mental healthcare services in the department of psychiatry
- I have extensive work experience in working with a multi-disciplinary team of professionals namely psychologists, occupational therapists, dieticians, social workers and nursing staff. This level of engagement has enabled me to gain full context of a patients' lived experiences and has broadened my understanding of an integrated approach towards wellness

AUTHOR

I am the author of a book called Reflections Of A Convolved Mind: A journey with my mental illness. It was inspired by my desire to create an awareness and understanding about the life of someone who is living with a mental illness. I felt that I could share valuable insights as someone who lives with a mental illness and as a doctor to individuals like myself. The intention is to humanise this journey through sharing my thoughts and reflections related to it.

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PUBLIC SPEAKING

- I am an experienced public speaker who has won numerous awards
- I have been a member of Toastmasters International and have garnered awards in the public speaking and evaluation contests

CORPORATE WELLNESS

- I am passionate about engaging with the corporate sector about mental health through my company called Vocal Mentality (Pty) Ltd that is focused on psycho-education, breaking stigma and empowering the audience which I engage with regarding mental illness and mental health. I have presented psycho-educational talks for various organisations such as Standard Chartered Bank, Avis, Rand Merchant Bank and Coca-Cola, Anglo-American to name a few.

PHILANTHROPY

I am the founder of a non-profit organisation called Sisters For Mental Health which is an initiative that is focused on psycho-educating the community about mental illnesses and mental wellbeing. This is achieved in a socially interactive environment (www.sistersformentalhealth.co.za). I also have a personal mental health platform called Vocal Mentality where I document my journey in mental health advocacy (www.vocalmentality.com)

RADIO HOST

I am the radio host of a mental health show called Mindful Discussions on Woman Radio which is an advocacy and activism radio station. On this platform, I engage with professionals who work in mental health services and people who live with or affected by mental illness.

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