



DR BETTER MEDIA KIT

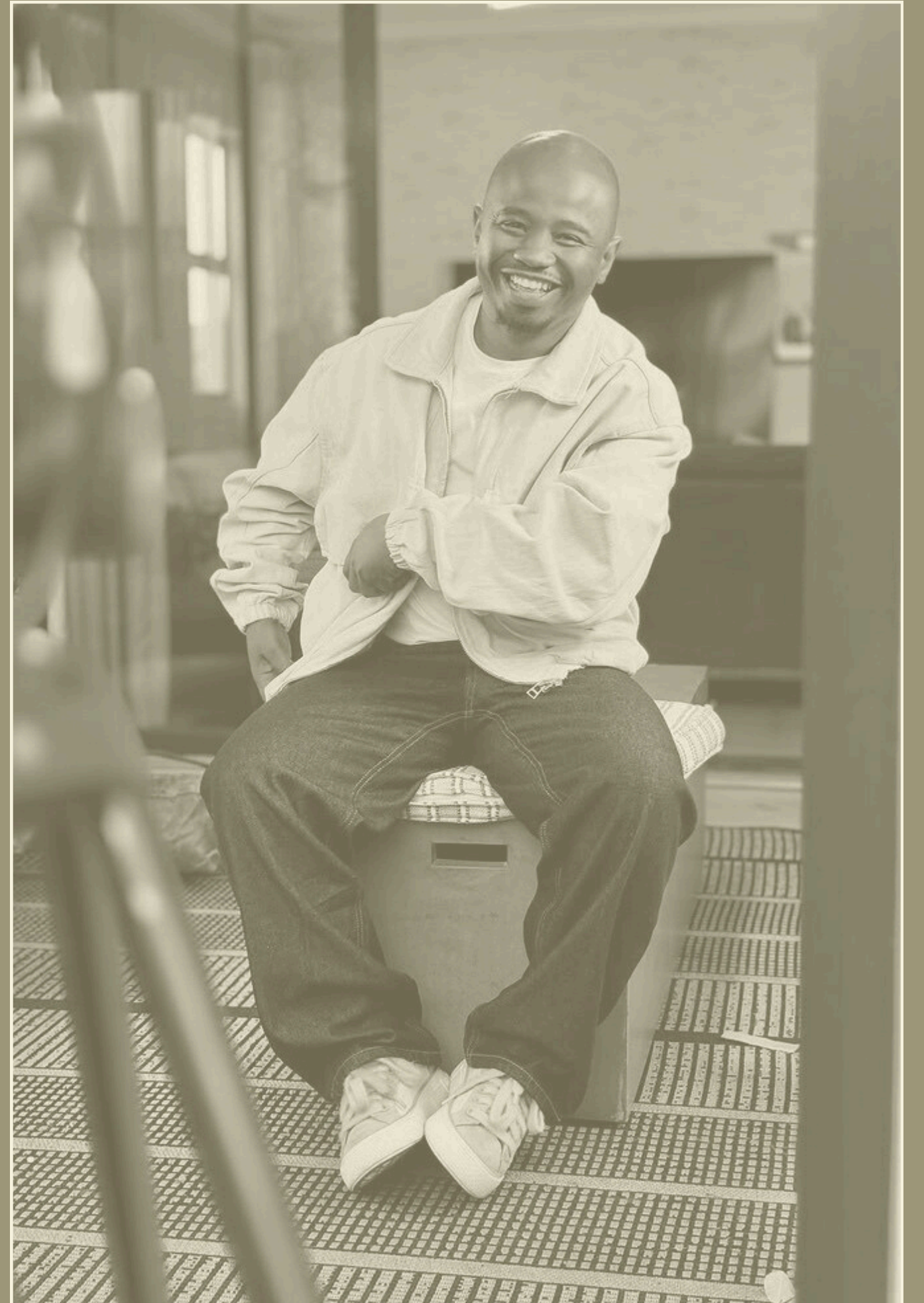
CONVERSATIONS WITH DR BETTER

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ABOUT DR BETTER

Nkululeko Benedict Mhlongo , affectionately known as Dr better , is a dedicated counselling Psychologist with over five years of experience in supporting mental health emotional well-being . A proud graduate of the university of the Witwatersrand ,Dr better is passionate about working with indivisuals, learners , educators ,and families to create safe , empowering spaces for personal growth and healing , his approach is both compassionate and practical , making Psychological support more accessible and impactful within society at large.



PLATFORMS

INSTAGRAM

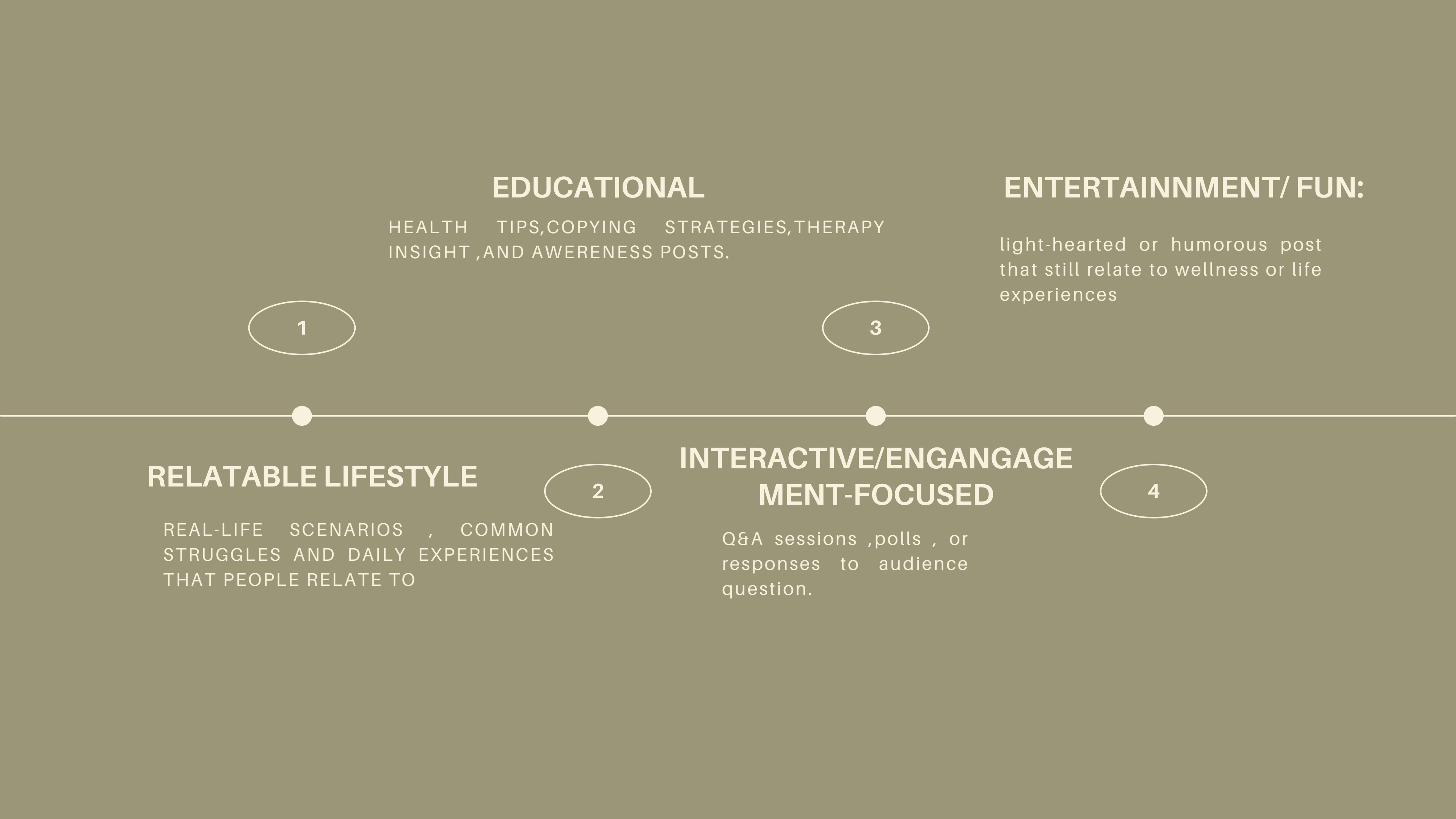
FOLLOWING : **12,3k**
ENGAGEMENT: **8,9k**
AUDIENCE: **73% females 37 % male**

TIKTOK

FOLLOWING: **35,3k**
ENGAGEMENT: **7,8k**
AUDIENCE: **28% Male 71% Female 1% other**

FACEBOOK

FOLLOWING: **5,8k**
ENGAGEMENT: **1,7k**
AUDIENCE: **54% Female 47 % Male**



TOP PERFORMING POST:

TIKTOK

PSYCHOLOGICAL SERIES ,CONVERSATIONS WITH DR BETTER
POST-GROOVE BLUES GOT YOU QUESTIONING ALL YOUR LIFE

THE GENTLEMEN TABLE "THE SILENT BATTLES "
SPEAKING ENGAGEMENT

INSTAGRAM

COLLAB OPPORTUNITIES



SPONSORED CONTENT

CUSTOM CONTENT

CREATING REELS ,OR POST THAT MATCH THE BRAND'S CAMPAIGN GOALS.

WORKSHOP/LIVE EVENTS

HOSTING BBRAND -SPONSORED WORKSHOPS, LIVE SESSIONS OR Q & A EVENTS.



MEDIA APPEARANCES /EXPERT FEATURES

TV / RADIO OR ONLINE SHOW APPEARANCES AS A MENTAL HEALTH EXPERT

MEDIA & BRAND EXPIREINCE

- Dr Better has collaborated with various television productions and a major automotive brand , using his expertise to educate, inspire, and connect with audience across South Africa. His appearance and partnerships highlights his credibility as both a mental health professional and trusted public voice





ROXIC -SABC1

served as the HOST/PRESENTER , leading engaging discussions around mental health ,personal growth , and everyday struggles . Currently Airing Tuesdays at 18:30 on SABC 1



IMPILO YAMA PIANO

Appeared as a THERAPIST and GUEST expert, offering psychological perspectives and wellness advice in real scenarios.

MEDIA & BRAND EXPERIENCE



SUZUKI SOUTH AFRICA

Partnered with Suzuki on a campaign centered on lifestyle, balance, and wellness-blending mental wellbeing with everyday life and ambition.



KONAKELE KITHI-MZANSI *MAGIC 161*

Co-host & Therapist engaging with guests and audience on family, wellbeing, and personal healing



SAMUKELENI -MZANSI *MAGIC 161*

Guest Expert
Providing psychological insight and emotional support to guests and viewers

GOALS FOR SOCIAL MEDIA

EDUCATE AND INSPIRE

use social media platform to spread mental health awareness and provide helpful psychological insight to a wider audience

COLLABORATE WITH BRANDS AND EXPERTS

partner with wellness brands, podcasts ,other mental health professionals to promote holistic well-being

ENGAGE COMMUNITY

create safe and supportive online space where people can openly discuss mental health topics

CONTACT DETAILS

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JOHANNESBURG

THANK YOU
FOR WATCHING!