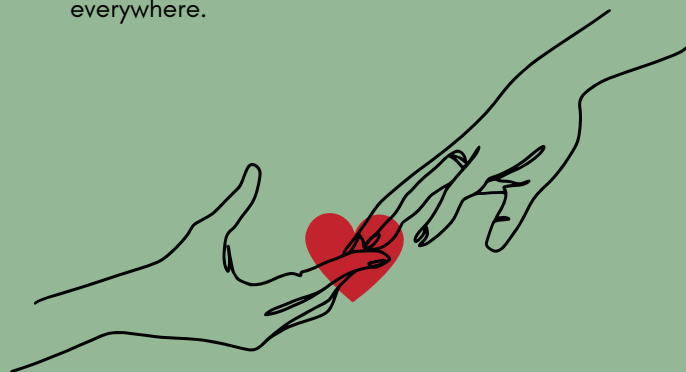


# About Me

I'm Nyatichi.

I'm just a girl with a passion for healing, introspection and transformation. My interest originally began well over five years ago when I was newly unemployed, in the middle of an identity crisis, while struggling with a couple of pesky psychological conditions. This challenged me learn more about healing if I didn't want to become a victim of them. It has taken years, but all of those different approaches I tried have left me with an assortment of techniques and reminders that keep me sane, healthy, and optimistic. This victory aroused my interest in helping others overcome the same, through one-on-one coaching.

Over the course of my healing journey and my career as a wellness coach in the personal growth field, I have had the privilege of speaking to and for firstborn daughters. While telling my story, I spoke on behalf of myself, in defense of other firstborn daughters, and on the part of women who, however incorrectly, perceived that I have a voice greater than their own. This led to the birth of Hai, my coaching practice, through which I have followed my fascination with wellness into content creation, and designing wellness journals and programs; making the therapy and gentle guidance I always needed, accessible to everyone everywhere.



## Let's connect

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Healing and Introspection

# Hai



Hai is a call to action to those who are brave enough to embark on healing and self-improvement through the introspection I offer in my content, the thoughtfully designed wellness journals and the 12weeks coaching program. Hai prioritizes holistic wellness by purposely working on the six dimensions of self that make you uniquely you. The physical, mental, social, emotional, intellectual and spiritual dimensions. All these dimensions are critical in ensuring continual growth in your life and whatever vice, addiction or negative social experience that you have experienced or are yet to experience will stop hounding you or might never come your way. The big picture is growth, healing and happiness.

## Wellness Coaching

### How I will work with you

My approach to wellness coaching is informed by who I am as a person as well as by what the research shows is most effective. In summary, this approach consists of genuine acceptance; respect for your strengths; focus on building strong loving relationships; flexibility in both goals and treatment; and finally, a sense of humor.

The essence of this program is healing and self-mastery through a series of guided discussions, either on the telephone or via video chat. It's purpose is to guide the client to more success, happiness and well-being than they are currently experiencing. In the sessions, we will address a variety of issues like; Childhood trauma, Firstborn daughter syndrome, People pleasing, Setting boundaries, Self esteem, Anxiety, Creating a genuine support system, Intimacy & vulnerability issues, Problems with productivity, Mindful eating, etc.

[www.nyatichi.com](http://www.nyatichi.com)

## Guided Journals

### The Self-Discovery Journal

This wellness Journal is thoughtfully designed to be used twice a day, morning and evening, to be your ultimate companion on the path to reinvention, empowerment, and self-mastery.

Ksh 1,500

### The Healing Journal

No matter where you are on your healing journey, let this wellness journal be a catalog of your many many thoughts, feelings, and memories from the journey of finding yourself.

Ksh 1,500

### The Productivity Journal

This wellness Journal is thoughtfully designed to be used twice a day, to help you stay committed and accountable to your dreams with daily, weekly and monthly prompts, exercises, and reflections.

Ksh 1,500

### The Prayer Journal

This wellness Journal is thoughtfully designed to be a catalog of your many prayers to ignite your spiritual journey. Crafted with Care and Devotion, it's a testament to the transformative power of prayer.

Ksh 1,500

### The Letting Go Journal

This is a guided, interactive wellness Journal to place in the hands of anyone who wants to let go of old beliefs, habits and trauma, the insights which would assist them in healing and mindfully letting go of self-destructive thoughts, emotions, and behaviors..

Ksh 1,500

### The Gratitude Journal

Discover the joy of gratitude through this wellness journal, which will help you build a better habit of daily practice. Filled with mindfulness-based journal prompts, powerful quotes, positive affirmations, and recurring themes, our journal strengthens your gratitude every day.

Ksh 1,500

### The Food Journal

A wellness journal that is thoughtfully designed, we actually want to tally up our meals. Without guilt or shame or judgment, there's empowerment that comes from just writing it all down and observing.

Ksh 1,500

### The Love & Relationship Journal

A Wellness Journal thoughtfully designed to help you reach a deep state of consciousness by understanding your love life. You will be encouraged to mindfully put into practice what you are learning, and create a happy, stable, & rewarding love life in the present and future

Ksh 1,500

### The Femininity Workbook

A Wellness Journal thoughtfully designed to help women address topics like love, trauma, female friendships, dangerous men, red flags, self-care, masculinity and femininity, unhealthy conditioning of women, your relationship with your mother, body, and other women.

Ksh 1,500

"how much does the coaching program cost?"

**The whole program costs Ksh10,000 or US\$90.**

(One can pay in full or in three monthly installments. The first installment of Ksh3,500/US\$35 is made before the first session. The second payment of Ksh3,500/US\$35 is made before the 5th session and the final installment of Ksh3,000/US\$20 is made before the 9th session.)

Healing requires consistent work. At times it will feel challenging, especially when you are asked to examine unhealthy thoughts, behaviors, and emotions. Though the 12weeks of coaching program, I have carefully and thoughtfully designed this journey to be compassionate, loving, and challenging. The program entails 90 minutes one-on-one weekly sessions online via video chat on Google meet.

I invite you to take this journey of self-awareness, self-knowledge, self-discovery, and self-love, with me as your guide. I vow to give you a gentle push when you need it, as well as the compassion and understanding that you deserve.

