

About Me

I'm Nyatichi.

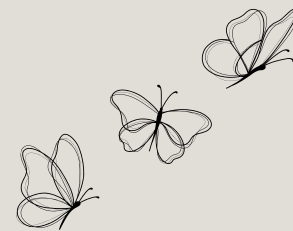
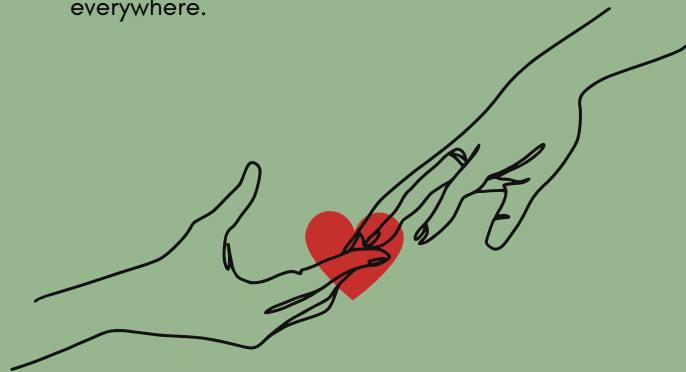
I'm just a girl with a passion for healing, introspection and transformation. My interest originally began well over five years ago when I was newly unemployed, in the middle of an identity crisis, while struggling with a couple of pesky psychological conditions. This challenged me learn more about healing 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-discovery 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

Guided Journals

The Self-Discovery Journal

This journal is aimed to place in the hands of anyone who wants a healthy and happy life, the knowledge which would assist them in healing, becoming self-aware and making mindful lifestyle modifications. A day at a time.

Ksh 1,500

The Healing Journal

No matter where you are on your healing journey, let this guided 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 journal is a gentle guide to productivity. It helps you have more control over your time and energy by making plans on a daily/weekly/monthly basis, achieve long-term goals like living a healthier life, mindful eating, and a habit of gratitude.

Ksh 1,500

The Letting Go Journal

This is a guided, interactive Journal offers thought provoking prompts that invite you to personalized meditations and introspection. 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

A journal thoughtfully designed to help you count your blessings, one by one. Instead of mentally replaying all your life's problems, you will develop a greater appreciation for the good in your life which will have profound positive effects on our well-being and relationships.

Ksh 1,500

The Food Journal

A journal that's so gorgeously and 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 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. This workbook will help you heal and reclaim your authentic self and rediscover the joy of the divine femininity.

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.

