

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 means 'alive' in Kiswahili, a reminder that healing isn't just about recovery, it's about returning to yourself. Hai, my coaching practice, is a call to those brave enough to come alive through healing and introspection. It's an invitation to look within, to question, to grow, and to meet yourself with honesty and compassion. Through my content, the thoughtfully designed wellness journals, and the coaching program, Hai guides you through the six dimensions that make you uniquely you, the physical, mental, social, emotional, intellectual, and spiritual. By nurturing all six, you create balance and resilience, the kind that keeps old patterns, addictions, and painful experiences from defining or limiting you. At its core, Hai is about growth, healing, and happiness, about feeling alive in your body, your choices, and your purpose.

Wellness Coaching

How I will work with you

My approach to wellness coaching is shaped by both who I am and what research shows to be most effective for lasting change. At its heart, this work is grounded in genuine acceptance, gratitude, respect for your strengths, the cultivation of strong, loving relationships, and a healthy sense of humor. This program is centered on healing and self-mastery through guided, one-on-one conversations held on video call. Each session will support you in creating more success, happiness, and well-being.

During our sessions, we may explore and work through a variety of themes, such as: Burnout and emotional fatigue, Childhood trauma, Firstborn daughter (eldest daughter) syndrome, People-pleasing and self-abandonment, Boundary setting and self-trust, Self-esteem and confidence, Anxiety and overwhelm, Building a genuine support system, Intimacy and vulnerability, Navigating family dysfunction, Productivity and balance, Mindful eating and body connection, Personal sovereignty and authentic living. My goal is to create a compassionate, empowering space where you can reconnect with yourself, redefine wellness on your own terms, and develop the tools to live a fuller, more grounded life.

www.nyatichi.com

Wellness Journals

THE GRIEF JOURNAL

A Wellness Journal thoughtfully designed for those wishing to explore their grief through writing, after the death of a loved one. Whether your loss was six months ago, or six years, this journal is a safe space to address topics like the stages of grief, anger, to loneliness, gratitude, regret and more

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.

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.

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.

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..

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.

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.

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.

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.

THE FEMININITY JOURNAL

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.

Here are some ways I can support you:

Buy my Book on Amazon: Get your copy of my book "Healing Firstborn Daughter" which is a resource designed to help firstborn daughters understand their unique upbringing and overcome challenges such as self-abandonment, parentification and one-sided relationships, the mother wound, just to mention a few topics.

Get Private Coaching from Me: Accelerate your healing journey with one-on-one coaching support. Identify and transform limiting patterns and learn new tools that will assist you in stepping beyond your childhood trauma and into self-actualization and sovereignty. Through the 12 weeks of coaching program, I have carefully and thoughtfully designed this journey to be compassionate, loving, and challenging. The program entails 90 minutes weekly sessions online via video chat on Google meet.

The whole coaching program costs Ksh15,000 or US\$135

(One can pay in full or in three monthly installments. The first installment of Ksh5,000/US\$45 is made before the first session. The second payment of Ksh5,000/US\$45 is made before the 5th and the final installment of Ksh5,000/US\$45 is made before the 9th session.)

