



Brochure – Full Overview
(For website download, client inquiries, and clarity calls)

🔮 COVER

✨ The Unstuck Woman

Life & Mindset Coaching for Women Ready to Rise

Reclaim your power. Rewrite your story.

By Margaret Mungai, Certified Life & Fitness Coach

ABOUT Margaret

Meet Your Coach:

I'm Margaret — a Certified Life Coach, Fitness Trainer & Pilates Instructor.

I help women who feel stuck, overwhelmed, or lost in roles they've outgrown to reconnect with who they really are.

Through mindset coaching, emotional healing, and body awareness, I guide you to clarity, confidence, and a life that finally feels like yours.

Philosophy:

I combine neuroscience, spirituality, and practical transformation. My style is warm, intuitive, and results-driven.

"You're not broken — you've just been carrying too much for too long."

MY SIGNATURE PROGRAM

The Unstuck Woman – 8-Week Transformation

This program is for you if you're ready to:

- Break free from confusion & people-pleasing
- Heal deep-rooted patterns & emotional habits
- Step into your power & leadership
- Clarify your life's next direction

Program Includes:

- ✓ Weekly 1:1 sessions
- ✓ Tools for rewiring beliefs & habits
- ✓ Guided workbooks & emotional mastery
- ✓ Boundaries, vision, and embodiment work

Bonus: Power & Peace

Communication Framework

OTHER WAYS TO WORK WITH ME

1:1 Coaching

Deep transformation sessions tailored to your season of life

Group Coaching

Live programs for sisterhood, healing, and accountability


Workshops & Retreats


Short immersive experiences on identity, clarity, emotional regulation & embodiment


Corporate & Community Trainings

Workplace wellness, leadership for women, and emotional intelligence workshops

TESTIMONIALS

 “This work changed my life. I found myself again.” — Grace A.




 “Margaret helped me realize I was never actually stuck—I just needed clarity and tools.”
— Sheila W.

 “After years of self-doubt, I finally feel powerful.” — Mercy N.

Real stories from real women who chose themselves.

CONTACT + NEXT STEPS

Let's Begin Your Unstuck Journey

-  Book a free clarity call
-  Explore available programs
-  Download free resources

Contact Info:

 theunstuckwoman.com

 mungaicoach@gmail.com

 Based in Kenya | Available worldwide

Final Affirmation:

“You are not too much. You are not too late. You are exactly on time.”