**ABOUT US**

**Taji Wellness Centre** (TWC) is a multidisciplinary, women-owned team of psychologists, therapists and wellness experts who are committed to community wellness and action-oriented education.

Our mission is to promote mental health and well-being of individuals, families and communities and to improve their lives through prevention, education and counselling

In our day-to-day operations, we are bound by a strong code of core values which are professionalism, confidentiality, respect, and responsiveness.

**OUR SERVICES**

Our core services include: -

This is just for guidance only as we endeavor to tailor our services based on the client needs.

**OUR UNIQUE PROPOSITION**

* **Strong team with professional Qualifications**: Out team comprises of highly trained and professionally certified counsellors with diverse backgrounds and experience. In addition, all our team members attend relevant trainings and workshops and offer voluntary services to needy causes in society.

All our training sessions are led by experienced counsellors who are well trained to facilitate workshops in an interactive and experiential manner.

* **Partnership with our clients**: While working with organizations and families, our philosophy is very one of empowerment through the provision of hands-on, value driven, practical counselling and training. We endeavor to have a continued BUT NOT continuous presence within the client business by becoming their partners rather than permanent resources.

**INDIVIDUAL & GROUP THERAPY**

* Addiction Assessment, diagnostics & Counselling
* Loss and Grief counselling
* Gender-Based Violence Counselling
* Post-Traumatic Stress Disorder (PTSD) and general Trauma Debriefing
* Mid- and late-life crisis counselling

**ORGANIZATIONAL PSYCHOLOGY**

* Motivational Talks
* Team Building Activities
* Retrenchment preparedness
* Employee psychological assessment
* Crisis intervention e.g. suicide
* Counselling Policy Development

**MARRIAGE & FAMILY COUNSELLING**

* Pre-marital Counselling
* Couples Therapy
* Family Therapy/Blended Families
* Divorce, Separation & Mediation
* Child Therapy
* Depression (incl post-natal depression Counselling

**TRAINING & AWARENESS WORKSHOPS**

* Lifestyle modification/ Work-Life Balance
* Stress Management
* Parenting
* Self-Esteem & Life Skills
* Career and guidance Services
* Value-based sex education

**OUR UNIQUE PROPOSITION (Cont’d)**

1. **Root Cause Analysis**: When presented with challenges from our clients, we avoid the ‘micro-wave approach’ by using our professional first-aid skills to address the immediate manifestation while concurrently deploying our assessment and diagnostic skills to identify the real root cause. This ensures that issues presented are addressed with long-term resolution in mind.

**OUR EXPERIENCE**

Legally, TWC is a relatively young entity, having been incorporated early 2019. However, the promoters are experienced professionals who have been in or around the profession for well over 10 years. A sample of some of the indicative work that they have done include: -

1. A client was in a crisis as a result of loss of gainful employment. Assessment and diagnostics identified deep emotional wounds and anger arising from abuse by a trusted family member at childhood. This affected relationships and hindered trust, generally and particularly at the workplace. Client facilitated to resolve anger and family issues and attained emotional stability. Empowered to start new professional career and has improved relationships
2. A client was in a crisis because of loss of gainful employment and family separation attributed to prolonged alcohol abuse. Diagnostics establish deep generalized addiction beyond alcohol which was traced to childhood abuse and molestation. Client was facilitated to resolve painful feelings of the past with the support of the company and that of the family, the client underwent rehabilitation and re-instatement and is now living positively having reunited with family and gone back to employment.
3. Value based Sex Education for class 1-8 at a local Primary School through helping children understand signs of sexual abuse and how to report and seek help. After holding one-on-one sessions with children who had been identified to have been sexually-molested, there has been a significant increase of pro-active reporting on cases of indecent touching or exposure which prevents occurrence.
4. A company undertaking massive retrenchment engaged us to speak to the employees and take care of their psychological needs under the circumstances. Our discussions with HR helped them understand the importance of taking care of the psychological welfare of employees affected by the retrenchment. Engagement with retrenches helped them to avoid blaming themselves for any wrongdoing and face the situation for what it is. This helped them to process and look for alternatives.
5. We run a series of open life skill training workshops during the holidays for teenagers and young adults to help them improve on self-esteem, self-image, emotional intelligence, communication and interpersonal skills, decision making, creative thinking and time management.
6. We run an open holiday-based transition training for Class 8 and Form 4 students to help them to cope with challenges arising from their transitioning and equipping them to deal with the next phase of their lives.
7. We also run a 10-week empowerment program for women that helps them to discover their unique purpose in life in the midst of the many conflicting demands and expectations upon them from society. The training covers such topics as discovering my identity and purpose, healing my past wounds, women, sex and love, parenting and mentoring, a woman’s irreplaceable roles in society, etc.

Some of the partner organizations we work with include:

* The International Christian Centre (ICC)
* Institute of African Families

Some of the Organizational clients we have worked for include

* Kirigiti rehabilitation Centre for Girls
* Nyayo Estate Residential Association (NERA)
* ACK Good Samaritan School
* Jabali Christian School

**OUR TEAM**

**Hellen Wangechi**: Hellen is the founder and Managing director of TWC. Hellen has always found joy in helping others through various roles she has taken in Church. Her early start in business administration, took her to a school set up where as administrator, she found her mojo in helping resolve student challenges which eventually involved addressing family and parental issues. She decided to pursue full time counselling and obtained professional qualifications as a Counselling Psychologist from Kenya Institute of Business and Counselling as well as Kenya National Examination Council. She also qualified as a sex addiction counselor and Trainer of Trainers.

Over the years, Hellen has undertaken counselling and training in diverse areas including, but not limited to helping children with psychological and psychosocial problems; counselling of the child ren and family; group counselling (for cases with common themes e.g. sexual abuse for adults and/or children); Loss and grief counselling; suicide crisis management; drug and alcohol addiction counselling; divorce, separation and mediation; family conflict resolution; gender-based violence counselling; couples counselling; and pre-marital counselling.

**CONTACT US**

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