

GRAPHIC DESIGN PORTFOLIO



MILDRED KWAMBOKA

01 PERSONAL BRANDING



SKILLS

HTML5
CSS
basic Laravel
basic PHP
basic product design & hardware

adobe photoshop
illustrator
indesign

I am a very determined and highly motivated person. I do take my job seriously but I'm able to see things in perspective and believe I'm quite easy-going to work with. I'm an optimist but I'm also a realist and I cope well when the going gets tough, I'm very good at finding solutions to problems. Above all, I would say I'm a positive and enthusiastic person and I relish a challenge.



work about contact

HI!
I AM MILDRED KWAMBOKA
Graphic designer & Web Developer Based in Nairobi Kenya.

WORK

ABOUT

CONTACT

Name*
Your Name
Email*
Your Email
Message*
Your views...
submit

Mildred, born and raised in Kenya. A fourth born in a Family of four. Joined AkiraChix from January-December 2nd 2016. Attained a Diploma in Information Technology (Web Developer and Designer) Passionate about technology and Poverty alleviation in the Society.
I am a very determined and highly motivated person. I do take my job seriously but I'm able to see things in perspective and believe I am quite easygoing to work with. I am an optimist but I am also a realist and I cope well when the tough gets tough, I am very good at finding solutions to problems. Above all, I would say I am a positive and enthusiastic person and I relish a challenge.

@ written & compiled by: Mildred K.

02 CLASS PROJECT

The OUTLOOK
ECONOMIC ANALYSIS & COMMENTARY with Amzette Were
www.businessdailyafrica.com

Break Kenya's poor development funds absorption cycle

MANAGEMENT After years of underspending, the treasury should implement measures to level up.

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COMPARTWICH

Weekly Market Activity

Published at nation Centre, Kiamathi street and Printed at Mombasa road, Nairobi by Nation Media Group Limited, Box 49000000/108000, Tel: 07547643.

BUSINESS DAILY

Six NSE companies in survival dogfight as massive debts hurt

EX-KRA boss bets big on Kenya

RIGGING CLAIMS DISMISSED

4 Stealth health hazards

Simple somatics

Natural Cellulite Solutions

Expert's Advice

plus • NATURAL REMEDIES FOR PCOS • HIGH CHOLESTROL DIABETES • ALLERGIES • ADHD AND MORE.

03 CLASS PROJECT

YOGA
health & fitness

Nutrition reboot

4 Stealth health hazards

Simple somatics

Natural Cellulite Solutions

Expert's Advice

plus • NATURAL REMEDIES FOR PCOS • HIGH CHOLESTROL DIABETES • ALLERGIES • ADHD AND MORE.



The Impact of Nutrition on Your Health

Y our food choices each day affect your health how you feel today, tomorrow, and in the future.

G ood nutrition is important. Combined with a healthy lifestyle, your diet can help you to reach your optimum health, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

The link between good nutrition and health is well-known. Good nutrition can help you stay healthy, reduce chronic disease risk, and overall increase your quality of life. By eating healthy, you can carry into adulthood, so teaching children how to eat healthy at a young age will help them stay healthy throughout their life.

The benefits of good nutrition are numerous.

It has been shown that the nutrients you eat

are essential for the growth and development of the body.

Unhealthy eating habits have contributed to the obesity epidemic in the United States.

According to the CDC, about 35.7% of adults

and approximately 17% of children and adolescents aged 2–19 years are obese.

Even for people at a healthy weight, a poor diet is associated with major health risks.

These include heart disease,

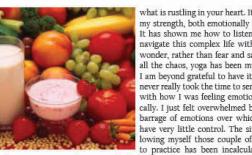
hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer.

By making informed choices, you can help

protect yourself from these health problems.

The risk factors for adult chronic diseases, like

hypertension and type 2 diabetes, are increas-



ingly seen in younger ages, often a result of poor nutrition.

Dietary patterns are also linked to chronic diseases like heart disease and cancer.

It is important to eat a variety of healthy foods to ensure you are getting all the nutrients your body needs to stay healthy, active, and strong. As with physical activity, making small changes in your diet can go a long way, and it's easier than you think!

Healthy eating habits have been shown to

reduce the risk of many diseases, including heart disease, stroke, and some types of cancer.

It is important to eat a variety of healthy foods to ensure you are getting all the nutrients your body needs to stay healthy, active, and strong. As with physical

activity, making small changes in your diet can go a long way, and it's easier than you think!

Check out real stories from people just like you.

I am a former cancer survivor who was diagnosed with breast cancer at the age of 35. I was mourning the loss of my brother. Over

the course of my past five years of medical treatment, I also lost my mother and my

father, and I found that when I made yoga an

ongoing part of my life, I could be more

present in the moment and through these moments, I found a sense of peace and

calmness that I had never experienced before.

Now, I am a cancer survivor and I am

living a healthy life.

Yoga has been a gift to me, and I am

so grateful for it.

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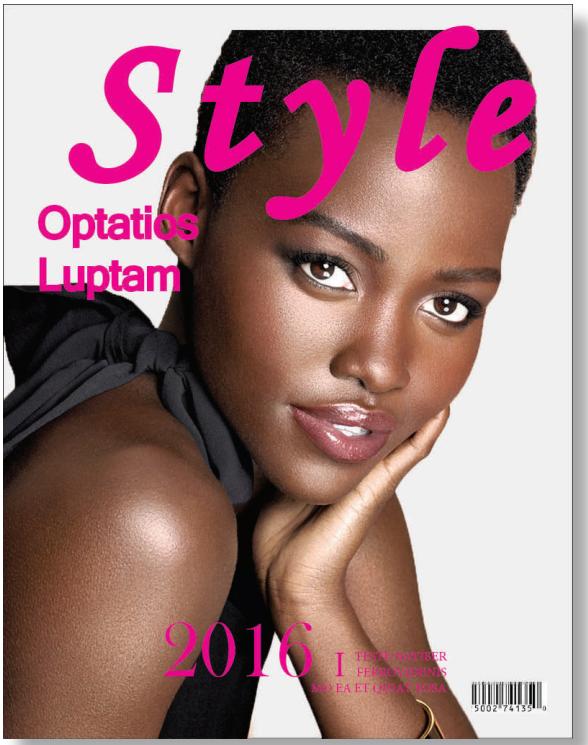
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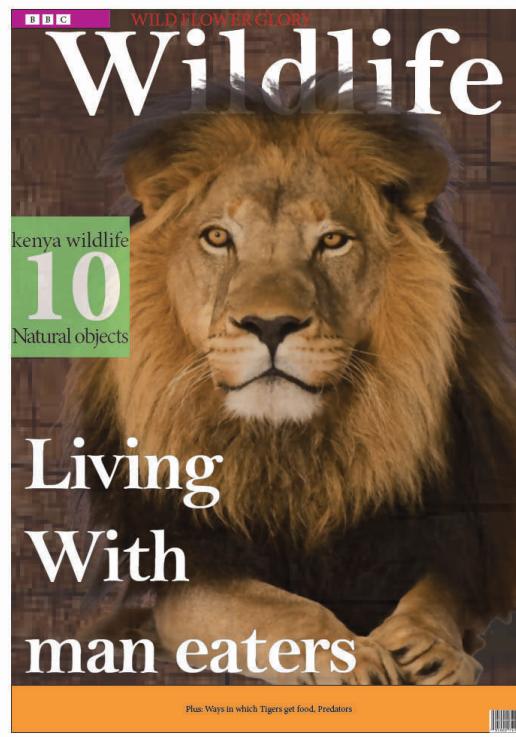
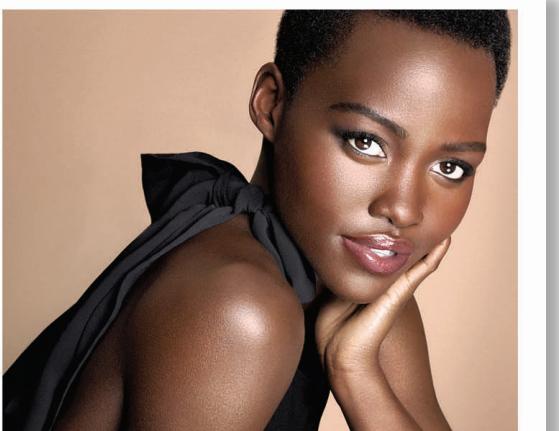
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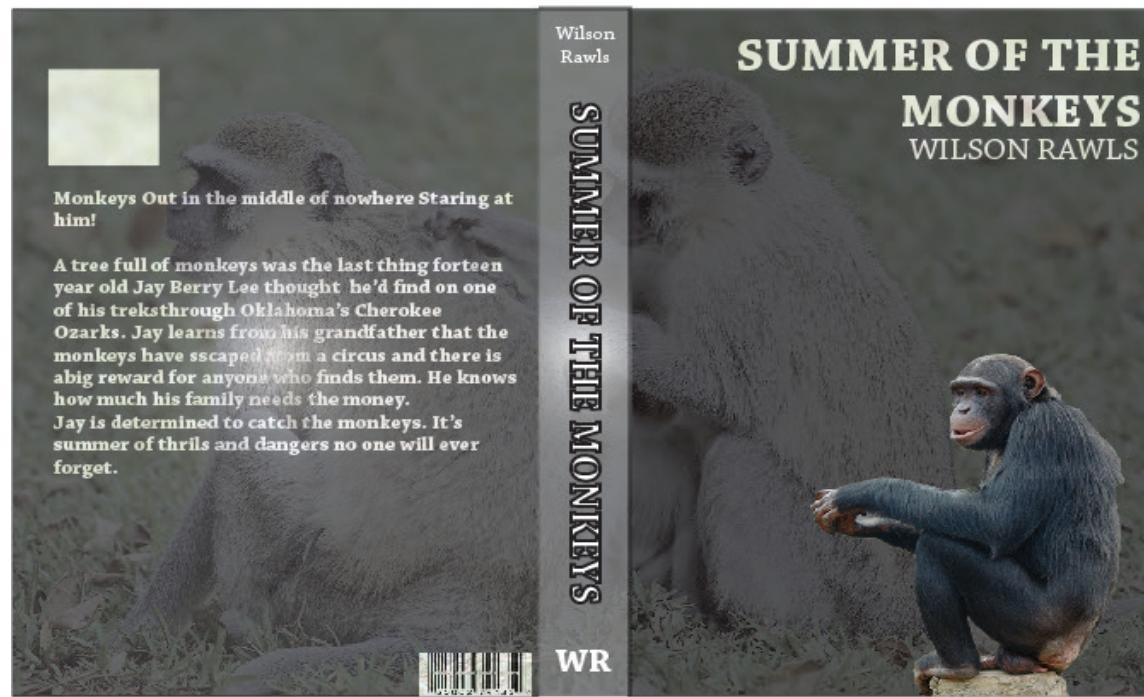
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Small Game Hunting Forecast 2015-16

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MILLY DESIGNS

www.ourwebsite.com
millydesigns@gmail.com



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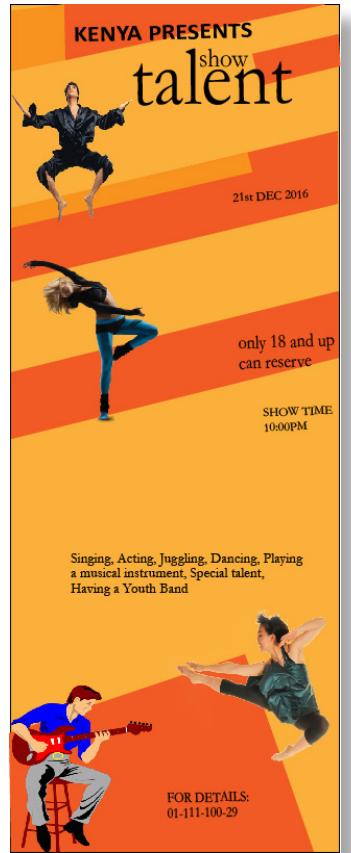
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The class projects I did for the year 2016.

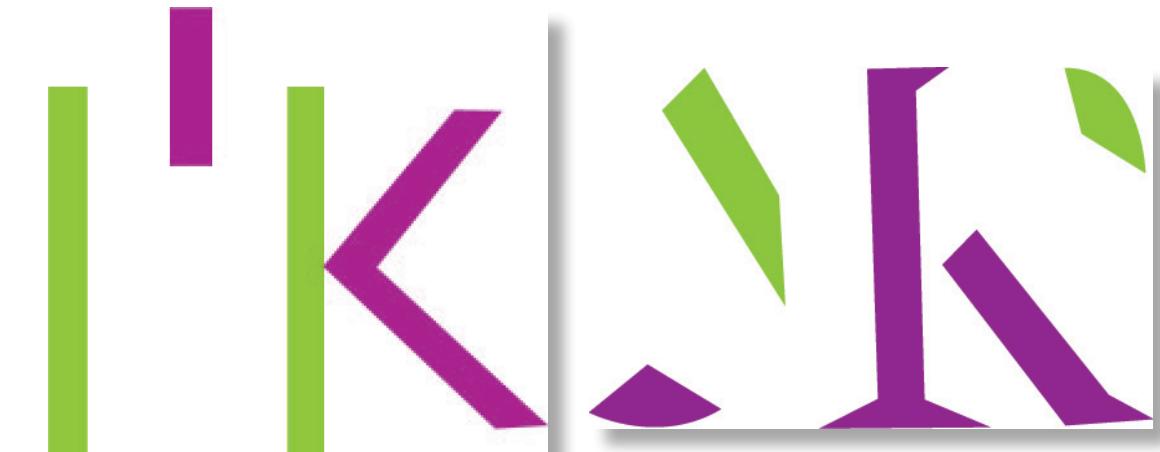
08 CLASS PROJECT



A healthy food guide page. It has sections for "MUKIMO" (with a photo of a dish), "DOUBLE CRISPY FRIED CHICKEN" (with a photo of fried chicken), "LEMON AND GARLIC ROAST CHICKEN" (with a photo of roasted chicken), and "Healthy food GUIDE" (with a photo of various fruits and vegetables). There is also a sidebar with a photo of a salad and some text about healthy habits.



09 CLASS PROJECT



The class projects I did for the year 2016.

10 WEB DESIGN FOR DELUXE:



DELUXE IMAGING TECHNOLOGIES

Design Printing Branding Embroidery Engraving 3D Signs

ABOUT US:
We are a Graphic Design, Printing, Branding and Advertising Company based in Nairobi established to offer Quality Cost Effective Services to our Clients.

Design Printing Branding Embroidery Engraving 3D Signs

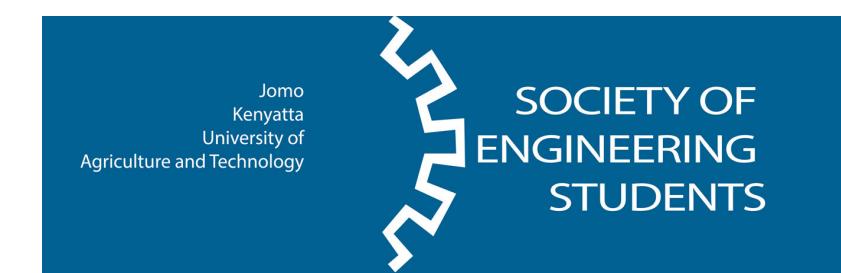
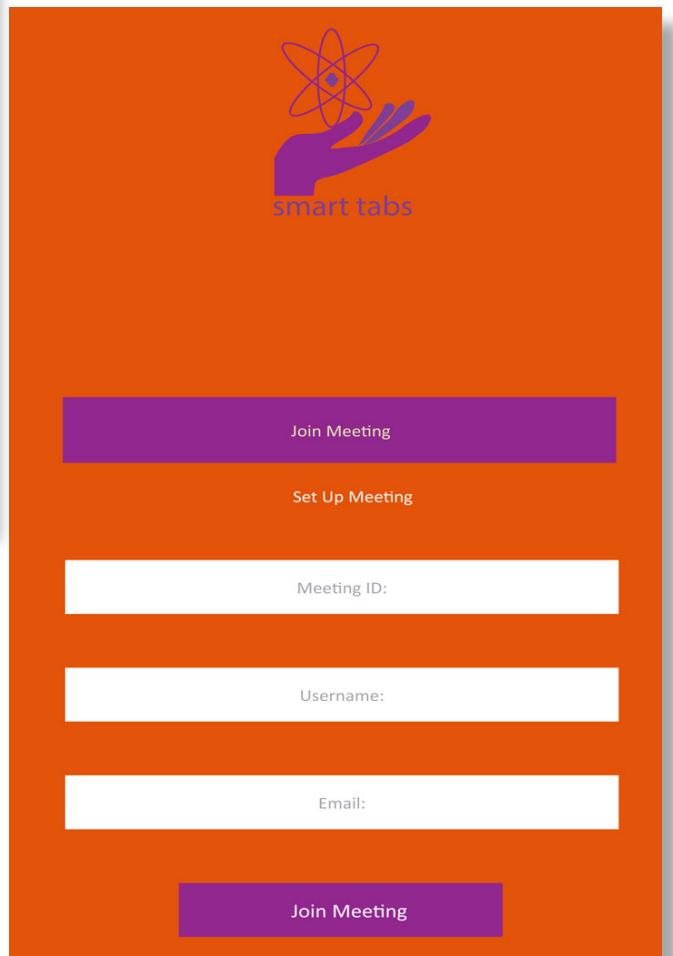
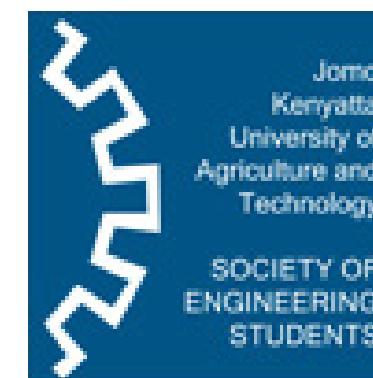
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[Instagram](#) [Facebook](#) [Pinterest](#)



I designed the website and the logo for the Deluxe Imaging Technologies in the year 2016.

11. MOBILE APP AND



I designed the mobile app screen and logo for Pertech Solutions in August 2016, during my internship period in the company.

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Nairobi.

THANK YOU FOR READING!

