



BUSINESS PROFILE

Who We Are

Amkeni Wellness is a platform with many facets dedicated to fostering the mental well-being of individuals and groups. Under Amkeni Wellness is the program “Woman of Treasure”, which is designed to help women rediscover their intrinsic worth, embrace their unique strengths, and cultivate a life of purpose and fulfillment.



Achievements & Stats

50+

Women in Kenya

40+

successfully helped

05

Experts Counselling Psychologists



About Us

MISSION

At Amkeni Wellness, we are dedicated to empowering women through transformative self-discovery. We provide a nurturing, supportive environment that helps women navigate personal challenges, rediscover their inner strength, and create meaningful, fulfilling lives. By offering personalized guidance and holistic approaches, we inspire women to embrace their unique journeys, initiate positive change, and unlock their full potential.

VISION

At Amkeni Wellness, we envision a transformative landscape where women are empowered to transcend societal limitations, redefine their potential, and craft extraordinary life narratives. Our vision extends beyond individual healing, aspiring to create a collective movement that celebrates women's resilience, amplifies their voices, and catalyzes profound personal and societal transformation through intentional self-discovery and holistic empowerment.

CORE VALUES

Our core values center around a goal-oriented philosophy designed to equip women with a roadmap for embracing life with purpose and positivity. We firmly believe that every woman possesses the inherent ability to thrive in the areas where they are positioned by providing guidance and support to navigate the challenges they face in the phases of life.



Why Choose Us

At Amkeni Wellness, the "Woman of Treasure" program stands out by embracing a holistic approach to women's well-being. We don't just focus on one aspect of a woman's life but we address her mind, emotions, and inner self as a whole. We believe that true transformation occurs when all these areas are nurtured, allowing women to heal deeply, grow confidently, and live with purpose.

Are you feeling lost, unfulfilled, or empty? Do you find yourself constantly masking your pain with coping mechanisms? If this woman resonates with you, we are here to take you through the journey of refreshing to greatness to find that hidden treasure as you seek to find your purpose in life.

At Amkeni Wellness, our "Woman of Treasure" program focuses on the overall well-being of women. We address the mind, emotions, and inner self together, believing that real change occurs when all areas are cared for. Do you feel lost or unfulfilled? Are you hiding your pain? If so, we can help you discover your hidden treasure and find your purpose in life





Meet Christabel

A seasoned Counseling Psychologist, Christabel brings forth a wealth of expertise in Relationship Counseling, Premarital Counseling, Group Therapy, and Life/Work Balance. She is dedicated to supporting individuals towards achieving life balance, fulfilment, and growth across all seasons of life.

Reflection To Revelation

Over the years, I reflected on the holistic woman, and many times I tried to create a mental picture of what that woman looks like or should look like. My reflections took me on a journey where I had to look inward at my life and the experiences that have and continue to shape me to the woman I am, which made me realize that while it may be easy to create a mental picture of that holistic woman, we all need support and encouragement to discover who God created us to be.

I believe every woman possesses the inherent potential to live a life filled with purpose and meaning. Unfortunately, life's challenges can sometimes hinder our personal growth. We may find ourselves adopting a passive approach, suppressing negative emotions rather than addressing them directly. However, by actively confronting these challenges, we can unlock our full potential and live the lives we truly deserve. It was from this passion for holistic well-being and personal transformation that Amkeni Wellness was born—to empower women to rise above their struggles and embrace a life of wholeness and purpose.



What we Do

At Amkeni Wellness, the Woman of Treasure program offers a transformative space where women can navigate life's challenges with confidence and clarity. Recognizing that every woman's journey is unique, we provide compassionate guidance that fosters self-discovery, personal empowerment, and emotional healing.

Our program equips women with practical strategies to overcome self-doubt, manage stress, and break through deep-rooted emotional barriers.

By embracing vulnerability and developing resilience, they learn to turn challenges into opportunities for growth. At the heart of our approach is a commitment to helping women rediscover their personal passions and life purpose.

We create a safe, supportive space for emotional exploration, firmly believing that every woman possesses inherent worth and untapped potential. Through a supportive and nurturing environment, we help women reconnect with their passions and life purpose, empowering them to create lives that align with their authentic selves.



To achieve this transformation, the Woman of Treasure program is anchored in three key models:

The Iceberg Model: This model helps women explore the deeper layers of their identity, recognizing that much of what influences their emotions, behaviors, and decisions lies beneath the surface. By uncovering subconscious beliefs and past experiences, they can gain greater self-awareness and healing.

The Cognitive Behavioral Model (CBT): This approach focuses on identifying and transforming negative thought patterns that hinder growth. Women are equipped with practical tools to reframe limiting beliefs, develop healthier perspectives, and build resilience in the face of challenges.

Mindfulness Model: Through mindfulness practices, women learn to be present in the moment, manage stress effectively, and cultivate a sense of peace and balance. By embracing mindfulness, they can develop greater emotional intelligence and enhance their overall well-being.

Through these models, Woman of Treasure empowers women to break free from self-doubt, embrace their inherent value, and step boldly into their purpose.



A:

Authenticity Unveiled: discover authenticity within.

Aim for personal growth and achievement. At Amkeni Wellness, we understand that the journey to embracing your holistic self is an inward exploration influenced by life's experiences and a perpetual pursuit of personal growth. We firmly believe that every woman possesses the innate capacity to live a purpose-driven life and attain a state of inner and outer freshness.

M:

Mentored Empowerment: Receive guidance to thrive.

Choosing to Be "The Woman of Treasure": Amidst societal expectations and self-imposed limitations, we extend an invitation to you—to embody "The Woman of Treasure." Let's embark on a therapeutic journey together, where you'll unearth your unique path to greatness. Our approach is crafted to invigorate your core essence, igniting your passion and deepening your connection to purpose.

K:

Knowledge Nurtured: Cultivate wisdom and nurture personal growth.

It's never too late to ignite passion and reclaim ownership of your life. Whether you're yearning to rediscover your true self or revitalize your path to greatness. Our pledge is to steer you toward a life filled with purpose, passion, and a revitalized sense of identity.

E:

Elevated Exploration: Rise above boundaries and explore new horizons.

Discover new possibilities and paths as you entrust us to accompany you on your therapeutic voyage. Together, we'll redefine and revitalize your trajectory toward greatness because that is the essence of your existence.

N:

New Beginnings Ignited: Ignite the spark of transformation.

Nurture and cultivate well-being and self-care. Encouraging growth and development of well-being and self-care practices.

I:

Inner Harmony Achieved: Achieve inner peace

Shed light on inner strength and clarity.

Testimonials

Proven Success in Professional Ethical Practices

Our track record demonstrates a proven success in counseling, guidance, and enriching the lives of women. We adhere to the highest professional ethical principles and practices, ensuring that every interaction is conducted with integrity and confidentiality. Through continuous training we contribute to the development and well-being of those we serve.

"Amkeni Wellness has been such a blessing in my life. They have helped and walked with me during times of low self-esteem, aiding in my recovery from childhood trauma and supporting me in detaching from toxic relationships and negative energy. Their guidance has helped me find contentment in life and, above all, acknowledge God as my ever-present help. Thanks to them, I am more positive and grateful, particularly for my supportive nuclear family. I wouldn't have been able to achieve this without the support of Amkeni Wellness. A big thank you to everyone at Amkeni Wellness." **Female 35**



Testimonials

"Therapy at Amkeni Wellness was one of the best decisions I made as a stay-at-home mom struggling to re-enter the professional world. The team at Amkeni, particularly Christabell, demonstrated a profound understanding of women's issues and provided invaluable support as I navigated through childhood trauma that was holding me back. For the first time, I felt truly seen and understood. With their guidance, I gained the courage to prioritize my needs and confidently pursue a new career path." **Female 34**

"Therapy for me has been a great opportunity to gain clarity on what was happening with me. The sessions with at Amkeni Wellness enabled me to grow in self-awareness and slowly learn how to navigate through my emotions. The empathetic and professional approach of the Amkeni Wellness team created a supportive environment where I felt understood and empowered to prioritize my well-being" **Female 40**



START YOUR JOURNEY TODAY

Embrace Your Uniqueness:

Celebrate your individuality and uncover your hidden strengths.

Reconnect with Your Purpose:

Align your actions with your values and aspirations.

Heal and Grow:

Process past experiences and develop healthy coping mechanisms.

Let us help you unlock your full potential and live a life of joy and fulfillment.





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