



# Company Profile

**neema**<sup>®</sup>  
Wellness HUB



## About Neema Wellness Hub

At Neema Wellness Hub, we believe healing begins when you feel seen, heard, and understood.

We exist to create a safe space for couples and professionals, both women and men, to pause, reflect, and realign their mental, emotional, and relational well-being.

Modern life comes with constant pressure: demanding careers, family responsibilities, and unspoken expectations. We help you navigate it all with clarity, compassion, and practical tools that foster peace, purpose, and personal growth.

Whether you are struggling in your marriage, battling workplace stress, or simply feeling lost within yourself, Neema Wellness Hub offers a haven for transformation, where healing meets empowerment.

**Our story doesn't end with healing — *it begins there.***

At Neema Wellness Hub, the future is about empowerment, connection, and impact.

We envision a world where mental health is not a stigma but a strength — where every home, school, and workplace values emotional wellbeing and compassion.

Our commitment goes beyond individual healing; it's about creating a ripple of transformation across families, organizations, and communities.

Through continued education, outreach, and innovation, we are shaping a culture where vulnerability is courage, and wellness is a shared journey.



# Our Services

## **Mental Health Coaching**

Personalized one-on-one sessions to help you manage stress, anxiety, and emotional burnout. We walk with you through your healing journey toward inner peace and resilience.

## **Workplace Wellness Programs**

Tailored programs for organizations seeking to create mentally healthy work environments. We focus on stress management, emotional intelligence, and team cohesion.

## **Women & Men Empowerment Workshops**

Interactive workshops designed to inspire confidence, purpose, and personal leadership in both men and women navigating career and family life.

## **Personal Growth & Purpose Coaching**

Guided sessions to help you identify your purpose, align with your values, and set clear goals that support your emotional and professional fulfillment.

## **Corporate Talks & Wellness Training**

Engaging talks and wellness training sessions for teams, leaders, and employees, focused on mental health awareness, resilience, and emotional balance in the workplace.



## Our Mission

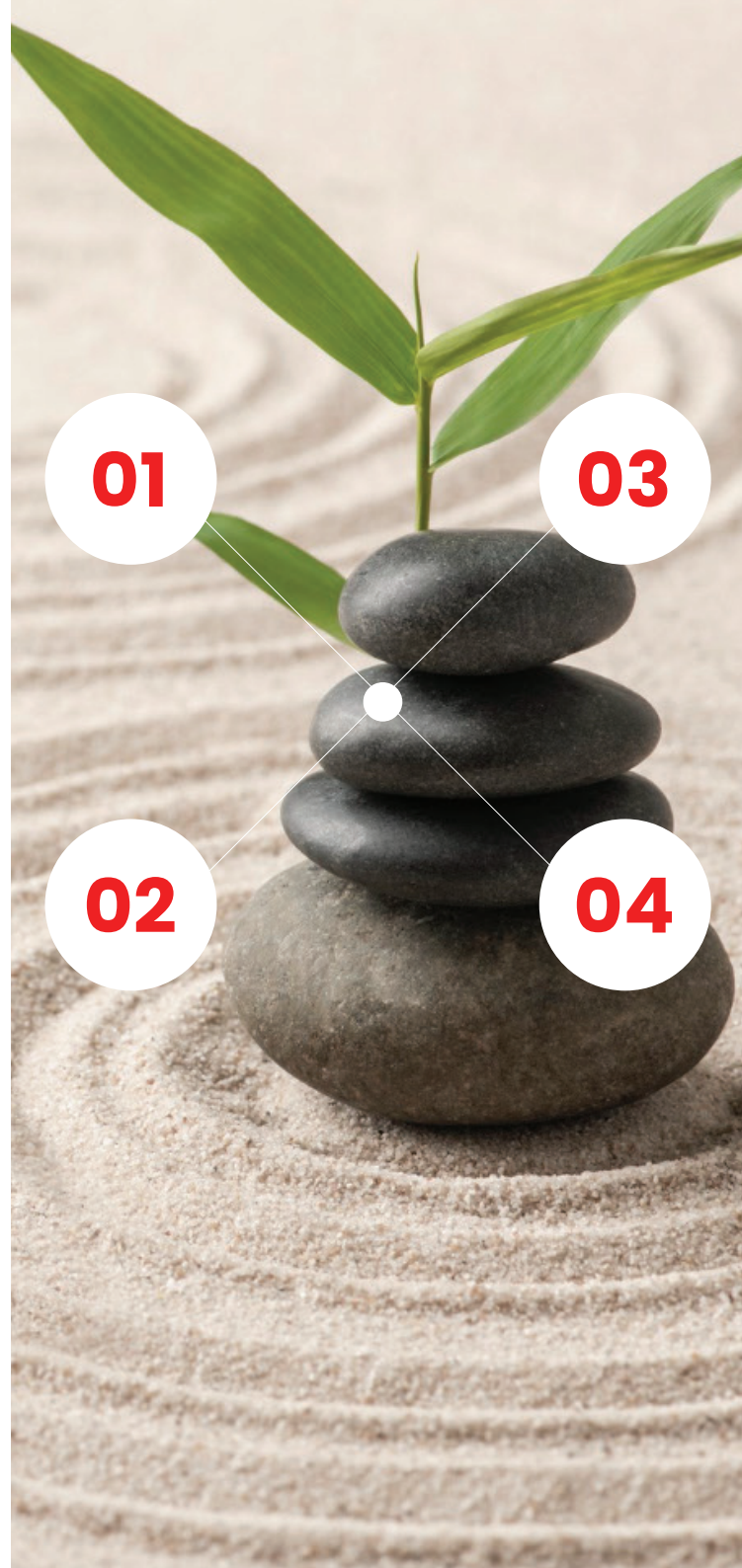
To nurture emotional wellness and build stronger relationships by creating safe, supportive spaces where individuals and couples can heal, grow, and thrive, both at work

## At Neema Wellness Hub,

We don't just talk about healing.

We walk with you through it.

Here, you'll find the tools, guidance, and compassion you need to create harmony in your mind, home, and



## Our Vision

To become a leading wellness center that inspires a culture of emotional intelligence, healthy relationships, and mental resilience across families and workplaces in

## Our Core Values

- ✓ Compassion: We listen with empathy and without judgment.
- ✓ Confidentiality: Your story is safe here.
- ✓ Growth: Every challenge is an opportunity to evolve.
- ✓ Integrity: We uphold honesty, trust, and professionalism in all our interactions.
- ✓ Purpose: We help each client achieve a balanced, meaningful life.

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**+254 722 506615**

**[care@neemawellness.co.ke](mailto:care@neemawellness.co.ke)**

**[www.neemawellness.co.ke](http://www.neemawellness.co.ke)**

