



TRISH MOEKETSI-NJOGU

WELLBEING & LEADERSHIP COACH

Trish is a certified well-being and leadership coach with a focus on empowering corporate professionals to thrive in high-pressure environments. With a strong background in Organisational Psychology and Human Resources from the University of Cape Town, she combines her expertise with advanced certifications in Employee Wellness & Stress Management from Stanford, and a Professional Certified Coach qualification from Coach Masters Academy in Singapore.

Trish is an experienced trainer and facilitator, delivering impactful seminars and workshops both virtually and in-person. She equips her clients with actionable insights and strategies, enabling them to navigate challenges, enhance their well-being, and achieve sustainable success in their professional lives.

LET'S WORK TOGETHER!

Are you ready to elevate the well-being and performance of your team or organisation? Partnering with me means gaining access to tailored coaching programs that blend leadership development with holistic wellness strategies.

Together, we'll create a customised plan that aligns with your company's unique needs, helping your team thrive in today's fast-paced, demanding environment.

Let's collaborate to build a healthier, more productive workplace where every individual can flourish. Reach out today to start the journey towards a more balanced, empowered, and successful organisation.

PROFFESIONAL AFFILIATIONS

INSTITUTE OF HUMAN RESOURCES
MANAGEMENT

INTERNATIONAL COACHING FEDERATION

AFRICAN WOMEN'S ENTREPRENEURSHIP
COOPERATIVE

AISEC

FAMILY NETWORK INTERNATIONAL



Countries
worked



Coaching
& Training
Hours



Accredited
Training



Years
Experience

AREAS OF EXPERTISE:

- Stress Management Training
- Employee Wellness
- Healthy Eating & Fitness
- Mental Resilience Workshops
- Mindfulness Sessions
- Emotional Intelligence (EQ) Development
- Leadership Workshops
- Personal and Group Coaching

