



TRISH MOEKETSI-NJOGU WELLBEING & LEADERSHIP COACH

Trish is a highly-rated coach with over a decade of experience in Wellness. She works with individuals and groups to amplify their authenticity and empower them to move boldly towards the vision they have for themselves. She holds qualifications from University of Cape Town, Stanford, and a Professional Certified Coach qualification from Coach Masters Academy in Singapore.

Her mission is to partner with you on your journey to achieving work-life harmony, rebuilding your confidence, and reclaiming your identity. Whether you're balancing the demands of work and family, navigating the complexities of relationships, or seeking to reignite your inner strength, she offers tailored coaching services to support you in leading with authenticity and purpose.

PERSONAL COACHING WITH COACH TRISH

LET'S WORK TOGETHER IF:

- You are looking to reclaim your identity beyond the “roles” such as parent, partner, or professional.
- You are looking to prioritize your wellbeing and set healthy boundaries.
- You would like to get clarity on what is holding you back from pursuing your goals and interests.
- You know where you want to go, but feel “stuck” about how to get there.

It's time to take charge of your life by being proactive!

Email me at trish@tumiwellness.com to book a FREE discovery session & gain clarity on our chemistry & next steps forward.

TESTIMONIALS

Being a wife and mum is already challenging, and I felt like I was not living my full potential in my previous job. Trish helped me refocus on myself and take on a new job with confidence. I feel so much happier being “The main character” of my life. - K.M (Zim)

Trish is a amazing coach who is calm, thought provoking and inspiring. I am so lucky to be coached by her. Not only I clear my thoughts and had my direction, but also have learned so much coaching skills and transform myself! Thanks - M.Z. (France)

**“YOU DO NOT FIND THE HAPPY LIFE.
YOU MAKE IT.” —CAMILLA EYRING
KIMBALL**

