

TIZI TALKS

yours in wellness

COMPANY PROFILE



“Inspiring a culture of enjoyable healthy living.”

ABOUT TIZI TALKS

Tizi Talks is a health and wellness company dedicated to promoting enjoyable healthy living and self-empowerment through personal development. We curate events, workshops, and wellness camps tailored to diverse groups, exploring the connection between wellness and impactful leadership. Our services foster a holistic sense of community, nurture employee well-being, and enhance mental harmony, all while creating a safe space for open dialogue about mental health in the workplace.

WHAT WE DO?

1. CORPORATE WORKSHOPS/ TRAININGS

Our company offers dynamic corporate wellness workshops that empower organizations to boost employee engagement and productivity. Tailored to meet your team's unique needs, these interactive sessions explore essential topics such as stress management, effective communication, and holistic health practices. By investing in your employees' well-being, you foster a healthier workplace culture that drives success and retention.

2. WELLNESS CAMPS

We organize programs that promote physical, mental, and emotional well-being through activities like group meditation, fitness, journaling and group activities. Often set in natural environments, these camps focus on holistic health, helping participants develop healthier habits, reduce stress, and foster a sense of community. Overall, wellness camps provide a supportive atmosphere for improving overall well-being for leaders and their teams.



3. WELLNESS POLICIES

Our company offers wellness policy services designed to help organizations develop and implement effective strategies that promote health and well-being in the workplace. We also support in implementing the wellness safeguards.

4. WELLNESS AUDITS

Our company provides wellness audit services that assess and evaluate the effectiveness of current health and wellness initiatives, helping organizations identify areas for improvement and develop tailored strategies for enhancing employee well-being.

About Founder

Loise Machira is a dynamic legal professional committed to driving social change and empowering vulnerable communities across Africa. With 14 years of experience as a health and wellness practitioner, she is also a Certified Mental Health Advocate, holding a Diploma in Mental Health & Human Rights from the World Health Organization. Her advocacy has played a crucial role in shaping inclusive policies, notably contributing to the Mental Health Amendment Law of Kenya, 2022. Loise is a sought-after speaker at media panels and wellness conferences, where she actively works to destigmatize mental health and promote dignified treatment for all.

Her efforts have garnered recognition, including two award nominations from the Bloggers Association of Kenya for Tizi Talks, and she was appointed as Kenya's first Global Wellness Day Ambassador in 2019 by the Global Wellness Day Organization. In this role, she organised transformative events that make holistic well-being accessible to all. In 2019, she was appointed as the first Global Wellness Day Ambassador for Kenya by the Global Wellness Day Organization, where she spearheaded wellness celebrations nationwide. This non-profit initiative aims to make the world a healthier and happier place by promoting the importance of living well for all. Through her efforts, Kenya officially joined 180 countries in the annual Global Wellness Day celebrations, held every second Saturday of June.

Loise is a highly sought-after wellness and leadership coach, recognized for her extensive experience and expertise. She effectively showcases client testimonials and success stories, highlighting the positive impact of her coaching. By maintaining an active presence on social media and creating valuable content, she establishes herself as an authority in her field. Her participation in speaking engagements and collaborations with organizations further expands her reach. With her certifications and unique coaching methodologies, Loise enhances her credibility and offers tailored workshops that provide practical solutions for corporate clients. Through ongoing client engagement and media features, she continues to solidify her influence in the wellness coaching landscape.

Loise's leadership potential and commitment to driving positive change have been recognized with her selection into the Young Emerging Leaders Project- Class of 2024 under Leo's Institute in Uganda; Friends for Leadership based in Russia; and Bridge Africa Initiative, a prestigious leadership program hosted by the University of Mohammed VI (UM6P) in Morocco. With a background in Public International Law and being a trained Advocate of the High Court of Kenya, Loise is also sought after policy analysis and social advocacy consultant. Her dedication to social change positions her as a key asset in driving community transformation.





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Join us in cultivating a healthier, more empowered team environment.

THANK YOU GET IN TOUCH

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