

You are receiving this email because at some point, you visited the Iyashi Wellness Centre website and subscribed to our updates.

First: Thank you.

Second: I apologize for the radio silence.

The truth is, 2025 has been a whirlwind of building. From winning the **Global Development Network Future Solutions Pitch Challenge** in France to developing **Project RISE** (our AI child protection tool) and treating clients here in Nairobi, we have been doing the work.

But as we close the year, I realized that **180 of you** have been waiting to hear from us. That is a wake-up call I am grateful for.



Starting January, we will be sharing a monthly newsletter **The Iyashi Pulse** which will cover:

Practical Psychology: Actionable tips for resilience in a changing world.

Myth vs. Reality: Debunking common misconceptions about mental health and nutrition.

Innovation Watch: Navigating AI, climate, and workplace well-being.

Expert Spotlights: Insights from our partners and collaborators.

Tools & Resources: Useful frameworks, checklists, and policy updates.

For now, a **December Reflection**:

I recently wrote down my **'25 Lessons from 2025'**—a reflection on navigating funding cuts, job loss, and eventually, the global award that followed. I wanted to share the top 3 with you today:

- **The change you resist most is often the change you need most.** I resisted the funding cuts and the end of my consultancy work with everything I had. But that forced pivot was the catalyst for launching Iyashi.
- **Rejection is redirection.** Every 'no' closed one door but redirected me toward a path better suited for my purpose—even when it was unclear at the time.

- **People will show up for you.** From a mentor traveling across countries to family stepping in when funds were low, there are people who believe in you and will stand with you in the silence of hardships.

[Read the full list on the Iyashi Journal](#)

We are currently booking **Corporate Resilience Workshops** for Q1 2026. If your team needs a reset for the new year, reply to this email, and let's chat.

Wishing you a restful holiday season.

Warm regards,

Emily

Founder, Iyashi Wellness Centre