



ABOUT PAPS

**Award-Winning Family Wellness & Confidence Coach |
Psychologist | Award-Winning Author | Keynote
Speaker | Mentor | CEO, Reconfidence Solutions**

Professional Profile

Paps Wanyugi is committed to helping families become healthier, more connected and more confident. She works with individuals, groups and insititiutions dealing with parents, couples, pre/teens and mentors to strengthen the foundations for healthy families in areas of emotional wellbeing, identity clarity, purposeful existence, inner confidence, boundaries, relationships, parenting and faith.

Her work is built on a simple conviction:

Helping families to heal and thrive, so they can nurture impactful generations.

Paps combines coaching, psychology, mentorship, training, keynote speaking and community initiatives to help families navigate the realities of modern life while building the emotional, relational and practical capacity to thrive.

Over the years, her work has reached more than 15,000 preteens and teens, 6,000 women, 700 parents and 400 mentors, giving her a broad perspective on the experiences that shape individuals and families across different stages of life.

Her work spans:

- Family Wellness & Emotional Wellbeing
- Parenting & Nurturing Confident Kids
- Meaningful Marriages & Healthy Relationships
- Preteen & Teens Experiential Coaching
- Identity, Purpose & Personal Development
- Healthy Family Systems & Bold Boundaries
- Mentorship, Leadership & Impactful Communities

Her desire it to see kids live out their purpose, parents leading with deeper confidence, couples rekindling their love, & families living out impactful generational legacies

Paps is married to James Wanyugi, they are parents to Jimmy (25), Jose (21), Crystal (12), Yaniv (8)

MY STRENGTHS

Top 5 on Gallup StrengthFinder:

1. Communication
2. Strategic
3. Winning Others Over
4. Individualization
5. Achiever

EDUCATION

1. M.A Marriage and Family Therapy - USIU Ongoing
2. Humanitarian M.B.A - (Roxbourg Institute, Switzerland)
3. B.A - Psychology, Sociology, Religion (University of Nairobi)
4. Advanced Diploma - Ecumenical Studies (University of Geneva, Swiss)
5. Certified Life Coach (ICR)
6. Certified Wellness Coach - WellKom International

TRACK RECORD

Award Winning Confidence Coach & Award Winning Author impacting;

- Over 15k Teens/Youth in 22 Years
- Over 6k Women in 10 Years
- Over 700 Parents in 12 Years
- Over 400 Mentors in 7 Years

COACHING MODES

- One on One Coaching
- Group Coaching Sessions
- Virtual Group / Personal Sessions
- Bespoke Institutional Sessions
- Bespoke Corporates Sessions