

*The Unstuck Woman*

Margaret Mungai Life Coach



Nairobi, Kenya



+254 716 239006



[www.theunstuckwoman.com](http://www.theunstuckwoman.com)

[www.margaretmungai.com](http://www.margaretmungai.com)

# THE UNSTUCK WOMAN

## LIFE & MINDSET COACHING FOR WOMEN READY TO RISE

*Reclaim your power. Rewrite your story*

*By Margaret Mungai.*

Certified Life & Fitness Coach





Margaret Mungai Life Coach



Nairobi, Kenya



+254 716 239006



[www.theunstuckwoman.com](http://www.theunstuckwoman.com)

[www.margaretmungai.com](http://www.margaretmungai.com)

## ● ABOUT Margaret

Meet Your Coach:

I'm Margaret — a Certified Life Coach, Fitness Trainer & Pilates Instructor.

I help women who feel stuck, overwhelmed, or lost in roles they've outgrown to reconnect with who they really are.

Through mindset coaching, emotional healing, and body awareness, I guide you to clarity, confidence, and a life that finally feels like yours

## MY SIGNATURE PROGRAM

### The Unstuck Woman – 8-Week Transformation

This program is for you if you're ready to:

- Break free from confusion & people-pleasing
- Heal deep-rooted patterns & emotional habits
- Step into your power & leadership
- Clarify your life's next direction

Program Includes:

Weekly 1:1 sessions

Tools for rewiring beliefs & habits

Guided workbooks & emotional mastery

Boundaries, vision, and embodiment work

Bonus: Power & Peace

Communication Framework



Philosophy:

I combine neuroscience, spirituality, and practical transformation. My style is warm, intuitive, and results-driven.

“You're not broken — you've just been carrying too much for too long.”



Margaret Mungai Life Coach



Nairobi, Kenya



+254 716 239006



[www.theunstuckwoman.com](http://www.theunstuckwoman.com)

[www.margaretmungai.com](http://www.margaretmungai.com)

## OTHER WAYS TO WORK WITH ME

### 1:1 Coaching

Deep transformation sessions tailored to your season of life

### Group Coaching

Live programs for sisterhood, healing, and accountability

### Workshops & Retreats

Short immersive experiences on identity, clarity, emotional regulation & embodiment

### Corporate & Community Trainings

Workplace wellness, leadership for women, and emotional intelligence workshops

## TESTIMONIALS



“This work changed my life. I found myself again.” — Grace A.

“Margaret helped me realize I was never actually stuck—I just needed clarity and tools.”  
— Sheila W.

“After years of self-doubt, I finally feel powerful.” — Mercy N.

*Real stories from real women who chose themselves.*

## CONTACT

Let's Begin Your Unstuck Journey

Book a free clarity call

Explore available programs

Download free resources

Contact Info:

[theunstuckwoman.com](http://theunstuckwoman.com)

[mungaicoach@gmail.com](mailto:mungaicoach@gmail.com)

Based in Kenya | Available worldwide

“You are not too much.

You are not too late.

You are exactly on time.”

*By Margaret Mungai.*

Certified Life & Fitness Coach