

From Rock Bottom to Rising

A Journey of Healing, Awakening, and
Living Unapologetically



Coach Belinda Ngugi

Founder, Empower & Awaken
Transformational Coach & Mentor

From Rock Bottom to Rising

Chapter 1

Sometimes we ask ourselves, “*Who do these coaches, motivational speakers, mentors, therapists, or counsellors think they are?*”

Well, I can’t speak for everyone else—but I can tell you about me. My uniqueness started way back—around the time I walked...

After a lengthy period of bum-shifting.

Crawling? No!! That would have been challenging work—and it would’ve seriously interfered with all the mischief I was up to.

I was that baby who pulled miraculous disappearances and reappearances—always looking innocent, but... hmmm... if you know, you know!

That’s a story for another day.

✔ What I do know is—there’s always been something about me.

✔ An energy. A light.

Did I know it? Hell no.

Did I use it wisely? Naahhh... I wasn’t that boring!
(We’ll circle back to that sometime.)

But then came November 2017—a true turning point.

After losing my mum in 2012, I spent about five years on autopilot, a period of numbness... BUT I looked okay on the outside, but inside

I was weary, disconnected and just trying to survive. Therapy didn’t quite click.

I felt I needed something different. Something familiar.

So, I flew to Kenya—HOME.

Despite being away since 2002, it remains the place where I feel a connection beyond explanation. It is, and always will be, HOME.
I travelled from the UK, my other home of over 21 years, in search of healing.

And Coach Irene Mureithi (Founder & Lead Coach, PDI - <https://pdikenya.africa>) entered my life.

I had taken three weeks off but in just two of them, I walked through the TRM (Transformed and Renewed Minds) program with Coach Irene—day by day, session by session: -

- No pressure.
- No judgment.
- Just deep conversations &
- Intentional safe space.

And in that sacred space? ... Everything began to shift, fall apart & fall into place.

See you in Part 2 in 2 days' time 🌻

Has anyone been a Coach Irene to YOU? Give them their flowers whilst they are still alive.



Chapter 2

Awakening & Self-Discovery:

When I connected with Coach **Irene Mureithi**, I wasn't looking for transformation.

I was simply hoping to BREATHE AGAIN.

But in just two weeks... I WOKE UP !

And not by chance, I had purposed to commit to change. I was INTENTIONAL about needing real change. A recalibration of my life.

I wasn't wishing for transformation,

I was demanding it from MYSELF.

Because deep down, I knew—God did not put me on this earth to cruise through painfully and aimlessly.

Through deeply honest conversations, I began to unravel the layers I'd hidden under for years. I saw clearly how I'd been moving through life—SURVIVING instead of THRIVING.

I realized I had been DIMMING MY LIGHT to make others comfortable. And that WAS NOT living but SHRINKING.

Taking the DISC Personality Test changed the game for me. It confirmed what I had sensed but couldn't explain:

- ✓ I'm a high D—direct, decisive, driven.
- ✓ It helped me understand so much about my patterns in leadership, work, and relationships.
- ✓ It connected the dots all the way back to my teenage years as a deputy head girl at the Kenya High School
- ✓ It all made sense.

In those two weeks, we also explored other aspects of strengthening my self-awareness and rebuilding. This entailed teaching on emotional Intelligence and other forms of intelligences which brought it all together magically.

It was like discovering the missing pieces of my inner world.
It gave me tools not only to understand myself but to make INTENTIONAL, VALUES-LED DECISIONS.

That trip didn't just bring healing. It activated my AWAKENING.

And today, this is the heart of what EMPOWER & AWAKEN stands for:

🌻 Helping YOU rise from survival to purpose.

🌻 Holding space for YOU as YOU develop self-awareness, face YOUR truth and change.

🌻 Support YOU see YOURSELF as unashamed, forgive YOURSELF, embrace YOURSELF just as YOU are, as YOU blossom towards who YOU were meant to be before self-sabotage & autopilot living became YOUR companions.

🌻 Supporting YOU rediscover YOUR voice, YOUR vision, YOUR inner power UNAPOLOGETICALLY.

🌻 We don't just HEAL here:

- we AWAKEN,
- we EMPOWER,
- we ALIGN &
- we LEAD WITH INTENTION

Therefore, DO NOT SHY AWAY, reach out, YOU do NOT HAVE to wait to get to rock bottom!

We got you.

Below is a snippet of my DISC results' 28-page report ...YOU will understand why mastering EMOTIONAL intelligence & SELF-AWARENESS was not an option but a PREREQUISITE 🌻🌻

Coach Belinda Ngugi,
Founder of Empower & Awaken

Description

understanding your style

Belinda Ngugi

Belinda's style is identified by the keyword "Concluder".

Belinda, as a Concluder style, tends to be a strong individualist. Belinda is forward-looking, progressive and competitive. They can also be direct and even forceful at times. Concluders are curious and have a wide range of interests. They are logical, incisive and critical in their problem solving. Many times a Concluder will come up with the imaginative and unusual. Belinda has good leadership abilities. A Concluder may appear to be cold or blunt because their task-orientation tends to overtake their people-orientation. Concluders have high standards and can appear to be critical when these standards are not met. Concluders may also place high standards on surrounding people and expect perfection from them as well. Belinda seeks authority and challenging assignments.

Concluders can have a very strong impact on people and can motivate others to achieve goals. Because of these characteristics, they need to be sensitive to the people around them. Their high-risk, adventurous spirit moves them through life at a fast pace while making things happen in the lives of the people. Others may see concluders as opinionated and they will challenge others' opinions.

Concluders tend to be short tempered, especially when they feel someone is taking advantage of them. They thrive on activity and a consistently forward moving environment. Patience does not come easily. A Concluder may put themselves in the position of being affected by other peoples' actions because they want to be involved in everything going on around them. Concluders may want to take charge of problems that are out of their area of responsibility and may be irritated when others do not share their sense of urgency. Belinda is constantly thinking about what to move on to next that is new and exciting.

Belinda is motivated by the ability to lead groups and influence others such as associates, co-workers and friends. This is someone who takes the responsibility of leadership seriously, and is typically able to make important decisions without delay. Belinda exudes confidence and others respond to their natural ability to be a front runner.

Belinda is an optimistic individual. They are the type of person who loves exploring new places or things and a wide variety of experiences. A natural charisma is displayed that draws and charms others. Belinda is a very encouraging person; others find them inspirational and lively.

Belinda takes a flexible approach in dealings with others and is willing to pursue different avenues to maintain good relationships. While patient and will not usually rush, Belinda is not afraid to actively seek new solutions if previous methods do not fit the current situation.

Belinda is uninhibited in trying new things and prefers going by feelings rather than just the facts. This person is not afraid to try things and may even do things in unique or unproven ways. Belinda prefers to let others handle much of the detail work associated with various endeavors, preferring to focus on the creative and innovative aspect of the task.

Natural leader and spokesperson
High ego strength
Influential and motivating
High energy, extroverted, and optimistic

General Characteristics

Being able to direct and pioneer
Power and authority to take risks and make decisions
Freedom from routine and mundane tasks
Changing environments in which to work

Motivated By

A competitive environment with rewards
Being able to delegate details to others
Freedom from controls, supervision, and details
Evaluation based on results, not methods

My Ideal Environment

Chapter 3

Today, I live with purpose.

The journey hasn't always been easy—but it's been worth it.

From drowning in grief and confusion, to walking in clarity and strength.

- ✓ I became a Transformational Coach, an NLP Practitioner, an Addiction Counsellor, and more.
- ✓ I got remarried- story for another day.
- ✓ I built a coaching business, and I support hubby's UK merchandise (New & Pre-loved goods) business as a digital marketer - a story for another day- business slot.
- ✓ I continued my work in Child Protection management - quietly and compassionately holding space for others, just like someone once did for me.

But let me be honest—I can't say I'm perfect or close to it.

What I can say is this: I HAVE LEARNT STRATEGIES TO CATCH MYSELF...

Through my counselling training, which has included training in Motivational Interviewing and CBT, I have come to understand that: -

- ✓ transformation is real,
- ✓ Healing is possible.
- ✓ And yes, we can live intentionally and on purpose—making informed choices every single day.

So, to anyone standing at the edge of change, I want YOU to know:

- ✓ Transformation is possible,
- ✓ YOU do not owe anyone an explanation relating to improving YOUR life,
- ✓ Healing is possible,
- ✓ Healing is a process which YOU also deserve,
- ✓ YOU are possible.
- ✓ YOU are UNBWOGGABLE

Let's walk this journey together!

Today, I live with purpose.

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I became a Transformational Coach, an NLP Practitioner, an Addiction Counsellor, and more. I remarried. I built a business. I continued my work in Child Protection—quietly and compassionately holding space for others, just like someone once did for me.

But let me be honest — I can't say *I'm perfect.*



**EMPOWER
& AWAKEN**

with Belinda Ngugi
Transformational
Coach & Mentor

Chapter 4

“The Ripple Effect”

When I started sharing my story—from the grief, burnout, and disconnection to healing and purpose—I didn’t quite realise how deeply it would resonate with others.

But then... my inbox started filling up.

And that’s when it hit me: - Sometimes you don’t realise the impact of your voice until someone reflects it back to you.

I’ve received messages from strangers and former colleagues, people I haven’t spoken to in years—all saying, *“Thank you. Your words hit home.”*

Many of these messages have grown into 1:1 coaching and mentoring sessions, and I can only describe the experience as humbling.

Let me share two stories (with permission and anonymity preserved):

1. One lady reached out, emotionally exhausted after experiencing multiple miscarriages.

- She felt broken. Isolated. Angry at her body and betrayed by hope.
- In our sessions, we gently explored not just her pain, but also her values—what mattered most to her beyond the immediate grief.
- We unpacked the harsh inner dialogue that told her she was to blame, replacing it with truth, compassion, and control.
- She began shifting from “Why is this happening to me?” to “How can I nurture myself through this pain?”
- Not to fix her, but to hold space for her healing.

2. A gentleman wrote to me after reading Part 2.

- He felt stuck and bitter in a toxic office environment.
- He hated going to work every day but was too afraid to leave, *“I’ve got bills to pay, mouths to feed. I can’t afford to break down.”*
- His words mirrored something I’d once felt myself.
- Together, we challenged his narrative that he had no options.
- We explored the roots of his helplessness.

- He began to reconnect with his internal motivators—his purpose, his resilience, his dreams.
- He is now actively building an exit strategy and exploring aligned work that honours his peace and care for his wife & three young children.
- He is not out yet—but he is no longer stuck.

These sessions remind me why Empower & Awaken was birthed. To walk with others as they remember who they are. To create space for healing, strategy, and change. If you're reading this and silently struggling. You're not alone. Healing is not linear. Change is not always loud. And sometimes the bravest thing you can do is whisper, "I need help."

My inbox is open.

Let's walk this journey—together.

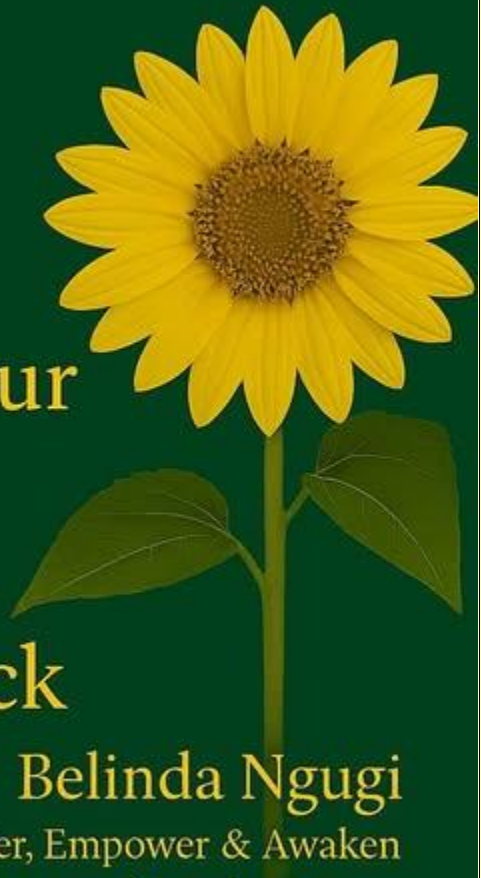
Feel free to comment below, let us hear your views on this post?

What is holding you BACK?



EMPOWER & AWAKEN

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Belinda Ngugi

Founder, Empower & Awaken
Transformational Coach & Mentor



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Chapter 5

“Understanding Myself Was My Turning Point”

My rising didn’t happen overnight.

It wasn’t just a lightbulb moment or a powerful coaching session.

It was a process of self-confrontation, self-awareness, and—hardest of all—self-forgiveness.

You see, during my darkest years—those at least five years of emotional fog—I did things I never thought I was capable of.

Things that, even now, I sometimes shake my head about and wonder:

“How?

Why?

Who was I then?”

The truth?

I was lost. In pain. And disconnected from myself.

And pain has a funny way of expressing itself in self-sabotaging ways when we haven’t learnt how to sit with it, listen to it, and transform it.

Many people assume I must have always been “whole” or “together.”

But no—I’ve walked through the fire of confusion, guilt, shame, and detachment.

And rising for me meant taking a deep, honest look in the mirror. I had to learn how to forgive the version of me that didn’t know better. The version of me that was reacting, surviving, avoiding, distracting.

I had to make peace with the fact that I hadn’t always acted in alignment with who I truly am—because I didn’t know who that was yet.

It wasn’t until much later, in hindsight, that I began to connect the dots.

Growing up, I wasn’t especially close to my mum. In fact, our relationship was often tense, and home didn’t feel safe—it felt heavy.

So, in 2002, when I left Kenya, I think part of me was running—chasing greener pastures, yes—but more deeply, searching for belonging.

But it was in France, surrounded by unfamiliar faces and mostly white French spaces, being called “noire” and feeling invisible, that the real loneliness sank in.

That’s when I started calling my mum regularly—and over time, something beautiful happened:

- ✓ We bonded.
- ✓ We connected.
- ✓ We started talking like two women—not just mother and daughter—and I started to feel something I hadn’t felt in a long time:
 - ✓ Loved.
 - ✓ Not terrorised.

And with that came understanding.

I began to see what I couldn’t see before:

- ✓ A woman who raised six children while working full-time as a teacher.
- ✓ A woman under pressure, stretched thin, and doing her best.
- ✓ And me?
- ✓ Well... I wasn’t the easiest of her children. Seemed very ‘together’ but actually that was far from it.
- ✓ I had a LOT of energy—big, bright, wild energy.
- ✓ And if it wasn’t channelled positively, it found ways to disrupt.
- ✓ To annoy my mum, my siblings, my classmates... anyone in range.

But through coaching and later on training in CBT, Motivational Interviewing and as a trainee counsellor, I’ve come to appreciate something deeper:

- ✓ That awareness is the foundation of healing.
- ✓ That understanding my past doesn’t excuse it—but it does unlock compassion.
- ✓ That forgiving myself was necessary to step into who I’ve become.

Today, as I continue coaching, mentoring, and holding space for others, I carry this truth:

We rise by remembering who we are, not by punishing who we were.

If YOU ARE in a place of shame, guilt, confusion—know this:

🌻 YOU are still worthy.

🌻 YOU are still loved.

🌻 YOU are still you—even if YOU ARE not proud of all the chapters in YOUR story.

Let's rise, together. Reach out!

We rise by
remembering
who we are,
not by punishing
who we were.



Coach Belinda Ngugi
Founder, Empower & Awaken



Chapter 6

“When I Understood My Mother, I Found Myself”

Between 2002 and 2005, something unexpected happened. I began to bond with my mother in a way I never had before.

It felt like being reborn—as her daughter, but also as a woman discovering the roots of her own story.

Growing up, I didn’t feel close to my mum. Our relationship was tense, sometimes even painful: -

- ❖ I often felt misunderstood,
- ❖ judged,
- ❖ or simply... unseen.

For a long time, I mistook her distance for dislike—maybe even hate. But the truth I’ve come to realise?

- ✓ She didn’t hate me.
- ✓ She was overwhelmed.
- ✓ And I didn’t understand what she was carrying.
- ✓ She was raising six uniquely gifted & wired children.
- ✓ All while working a full-time teaching job.
- ✓ That alone is monumental.

And then there was me... A LOT of energy. A LOT of ideas.

Not intentionally rebellious—but definitely the child whose imagination and intensity filled every room.

I now know I was a child yearning to be seen, to be validated, to be heard. But at the time? There were other priorities: -

- ❖ School fees to pay.
- ❖ Lessons to plan and homework to mark
- ❖ Meals to cook.
- ❖ School uniforms to find.
- ❖ A household to hold together.
- ❖ A husband to love...
- ❖ Women groups to lead
- ❖ Church leadership roles

And my loud, energetic attempts at connection likely came across as disruption.

BUT well, I definitely found ways to entertain myself... Like that one day I convinced my younger brother to climb the mango tree so we could get mangoes.

He fell. Flat on the ground. Straight to the hospital. And mum?

Already stretched thin had to drop everything and respond. Again. Or that time early in the morning when we were picking french beans, and mum asked our handy man to “*kubadilisha ng’ombe*” aka move it from where it was grazing to another fresher greener section but who is like me, when she said it, I asked, “*abadilishe ikuwe nini*” Translation: - to change the cow into what? Heheee... let me leave the rest to YOUR imagination.

Looking back now with the tools I’ve learned—as a Coach, a Counsellor & Mentor—I see the bigger picture:

- Most of Our parents were doing the best they could with the emotional resources and cultural expectations they had.
- There’s a profound link between parental stress and a child’s psychological development.
- When a caregiver is overwhelmed, it becomes harder for them to co-regulate with a child.
- What’s missed is not love—it’s capacity.
- The child in me felt rejected.
- The adult in me now sees:
 - I was loved.
 - I just wasn’t always understood.

And in that understanding, something softened.

🌻 I stopped blaming

🌻 I stopped internalising

🌻 I started healing.

This is why part of my rising wasn’t just about self-awareness; it was about re-framing my story.

Seeing my mother’s humanity allowed me to reclaim my own.

If YOU grew up feeling emotionally neglected, unloved, or invisible, maybe it wasn't about YOU.

Maybe they were just doing all they could... and it still wasn't enough for the kind of nurturing YOU needed.

✅ YOU are still worthy.

✅ YOU are still lovable.

✅ And YOU can heal—even if they never say the words YOU needed to hear.

I found my voice when I saw my mother's pain.

And I hope, in some small way, this helps YOU start to find YOURS too. Reach out, if this resonates with YOU and YOU would like to work through it with a coach, mentor, or counsellor. It is not too late, **Empower Awaken** was birthed for YOU



Some of the loudest
children are quietly
crying to be seen,
to be heard,
to be held.

BELINDA NGUGI
Transformational Coach
& Mentor



POWER & WILL

Chapter 7

France: Where I Found Myself... and My Mother.

Between 2002 and 2004, I lived in France—and let me tell you, it wasn't just a change in geography.

- ✔ It was a soul shift.
- ✔ A slow, silent unearthing.
- ✔ A quiet, sacred season of unbecoming... and becoming.
- ✔ It wasn't easy.

France was unfamiliar, both in culture and connection.

In Kenya, I never thought much about my skin.

It was just... part of me.

But in France—especially in a predominantly white town—I didn't just look different. I felt different.

I learnt that I was Noire (Black). Suddenly, my Blackness wasn't just a feature—it was a frame. It was a Label. It even came before my name. It shaped how people looked at me. Or didn't.

And in that silence, I discovered something powerful: - My identity is not for negotiation.
So, I leaned in.

I threw myself into perfecting my French language, learning, observing, adapting—without losing myself. I connected with a few souls, all floating through their own transitions. We were all becoming something new. My second host family changed everything.

Fifteen months in a bright home filled with light, twins, steak, and the biggest house dog I'd ever seen Tobi.

They gave me space

- ✔ to breathe.
- ✔ To laugh.
- ✔ To heal.
- ✔ To feel seen.

They were even part of my references towards my very first Social Work job in the UK. But the greatest gift of that season wasn't the language, or even the job. It was this: - I RECONNECTED WITH MY MOTHER

In the most unexpected way—across borders, cultures, and long-distance phone calls—I began to see her.

- ✓ Not just as “Mum.”
- ✓ But as a woman.
- ✓ With her own wounds. Her own resilience. Her own story.

That season taught me what Empower & Awaken now teaches others:

- Sometimes, the journey to yourself is wrapped in detours, discomfort, and distant lands.
- But healing is always possible.
- Love can be re-learned.
- And even when the language of connection feels lost—you can write a new one.
- When we invite change, intentionally or not, new beginnings arise
- We are the common denominators in our lives.

To Mum—resting now in divine peace—thank you for the silent lessons

- ✓ For the foundation.
- ✓ Even when the words failed us, the love found its way home.
- ✓ I rose. Because you once stood for me.
- ✓ And now... I rise for others.

Sometimes, the
journey to yourself
is wrapped in
detours,
discomfort,
and distant
lands. But
healing is
always possible.



Belinda Ngugi

Founder, Empower & Awaken
Transformational Coach & Mentor



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Chapter 8

“Healing the Parent Wound: Not All Bonds Are Meant to Be Repaired”

The messages.

The DMs.

The quiet “me toos.”

After sharing Part 7, I was overwhelmed by how many of you echoed a similar story:

Healing often starts when we revisit our roots—especially the ones tied to our mothers or fathers.

For some of us, like me, that journey brought restoration.

But for others, healing meant letting go completely: -

No calls.

No visits.

No explanations.

Just space.

Sacred, necessary space.

Let me say this: You are not a bad person for walking away from what hurt you.

You are not ungrateful, disrespectful, or cold for setting a boundary your inner child never had the power to draw.

Breaking the cycle is messy.

- You might be gaslit—told you’re imagining things.
- You might be blamed—told you’re the reason for the disconnect.
- You might feel guilt—for choosing peace over tradition.

But guilt is not a compass for truth.

And gaslighting is not love.

Healing isn’t about keeping others comfortable.

It's about becoming the adult YOU needed when you were hurting.

It's about authoring a different story—for yourself and your children.

Sometimes that story includes repair.

Sometimes it doesn't.

But every time, it must include truth, boundaries, and the courage to do what's right for YOU.

So, to the ones healing while holding distance, to the cycle-breakers, the silent warriors, the ones grieving parents still alive:

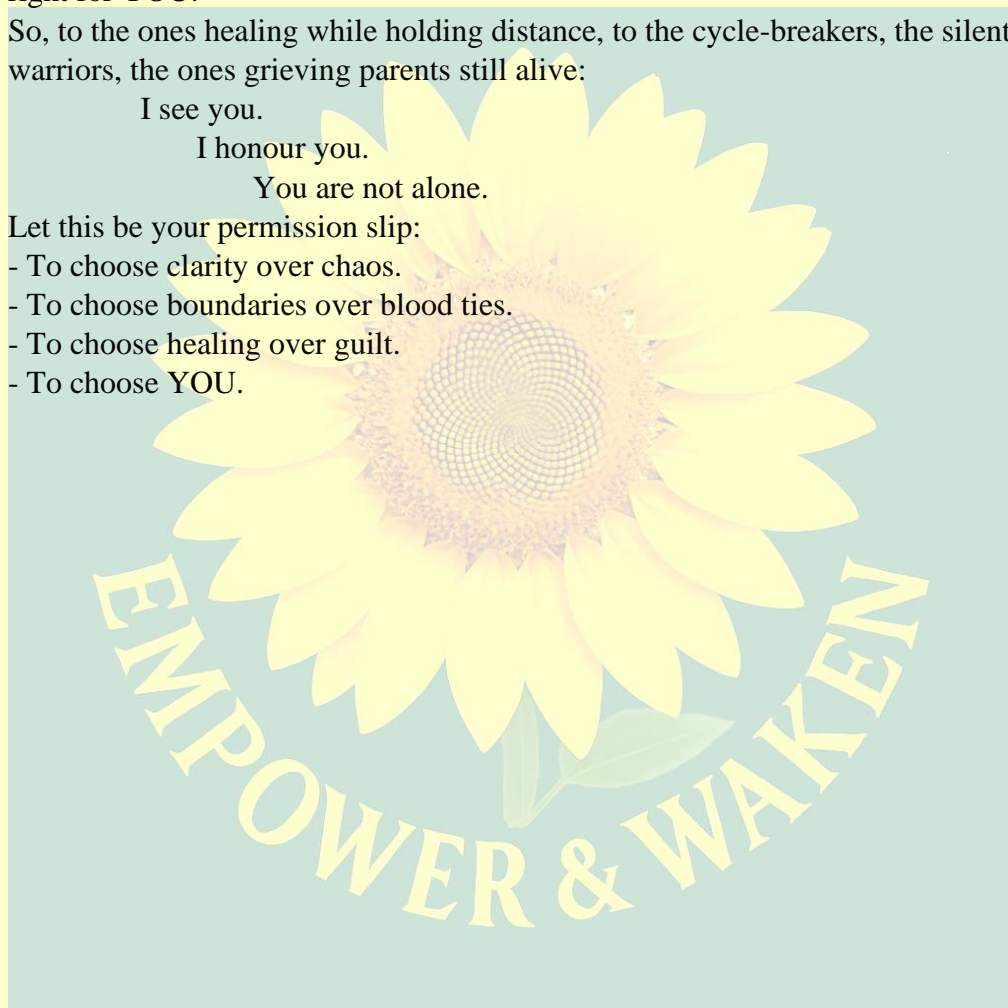
I see you.

I honour you.

You are not alone.

Let this be your permission slip:

- To choose clarity over chaos.
- To choose boundaries over blood ties.
- To choose healing over guilt.
- To choose YOU.



Let the gaslighting
fall on deaf ears.
Let the guilt slip
off your shoulders.
Your breakthrough
doesn't require
their permission.

Belinda Ngugi

Founder, Empower & Awaken
Transformational Coach & Mentor



Chapter 9

“Redefining Loyalty: - The Sacred Act of Choosing Yourself”

Part 8 stirred something deep—for me and for many of you.

The healing, the boundaries, the truth that not all reconciliation is part of the journey.

And so, we go further. Let's talk about loyalty: -

- Not the kind we're taught to uphold blindly.
- But the deeper kind—the loyalty to our truth, our well-being, our evolution.
- Because sometimes, choosing yourself will look like betrayal to those who benefited from your silence or ignorance.

Here's what I've come to realise:

- ✓ YOU can love people and still create distance.
- ✓ YOU can honour YOUR past and still rewrite YOUR future.
- ✓ YOU can walk away without hatred.
- ✓ YOU can release guilt and still hold grace.
- ✓ Don't bang the door as YOU leave but feel free to burn bridges that no longer serve YOU.

CHOOSE YOU. 🌸

! Because Healing isn't about proving your pain.

- ✓ It's about choosing not to relive it.
- ✓ It's about breaking the inner contract that says, *“I must suffer to be accepted.”*
- ✓ It is not about who hurt you but what you need to do to achieve your peace & your own healing

Some wounds were made in the name of love.

Some silence was taught as a survival tactic.

Some mouths with ooze poison when they don't get their way.

Some hands kill when they feel powerless over you.

SO, when YOU CHOOSE YOU,

YOU redefine what love is, what loyalty looks like, and what self-respect demands UNAPOLOGETICALLY: -

- ✓ If that means walking alone for a season or forever —walk or run if situation demands.
- ✓ If that means letting go of “what will they say”—let go.
- ✓ If that means seeking coaching, counselling, spiritual guidance to make sense of the ‘mess,’ so be it.

Because when YOU choose YOU, YOUR model freedom for every daughter, son, sister, brother, and client watching to learn from YOU consciously or unconsciously.

LET US BREAK THE CYCLE.

Let’s build the kind of legacy that doesn’t demand we shrink to fit it.

- 🌻 Let’s rise—with truth, grace, and unapologetic purpose.



Choosing yourself
isn't betrayal.
It's loyalty to your
truth. Your healing
doesn't need
their permission.

Belinda Ngugi

Founder, Empower
& Awaken
Transformational
Coach & Mentor



Chapter 10

“You Are Not Here to Live on Autopilot”

By now, YOU HAVE probably felt the thread:

Part 7 was about reconnecting with my mother.

Part 8 explored how healing doesn't always mean reconciling.

Part 9 reminded us that choosing ourselves isn't betrayal—it's sacred.

Now we go deeper.

🔥 Let's talk about self-sabotage.

🔥 Let's talk about autopilot living.

🔥 Let's talk about the patterns that quietly drag us back into places we've already outgrown.

Here's the truth:

⚠️ Unhealed wounds create familiar chaos.

(Someone once said when YOU sit with s**t for too long, it stops to stink)

⚠️ YOU will find yourself repeating cycles—not because you want to, but because YOUR nervous system is still wired for protection, not purpose.

⚠️ YOU get stuck because YOU fear the unknown

! YOU will settle.

! YOU will hide.

! YOU will over-give,

! YOU will overthink,

! YOU will self-destruct

! YOU will neglect self

Not out of weakness—but out of habit & losing control

But here's the shift:

🌱 Healing isn't passive. It's a conscious act of rebellion

🌱 It is choosing to rewrite the story, instead of reenacting the same script.

🌱 It is remembering YOU are the COMMON DENOMINATOR in YOUR life, and YOU owe it to YOURSELF to ignite change & healing

And this is where coaching can be life changing.

✅ Because sometimes, we need a mirror.

✅ A guide.

✅ A safe space to say, “This is who I have been... but this is who I want to become.”

Transformational coaching helps YOU name YOUR patterns, face YOUR past with compassion, and finally shift from survival mode into intentional living.

It invites YOU to stop abandoning YOURSELF—and start building a life that honours YOUR worth.

So, here's YOUR reminder:

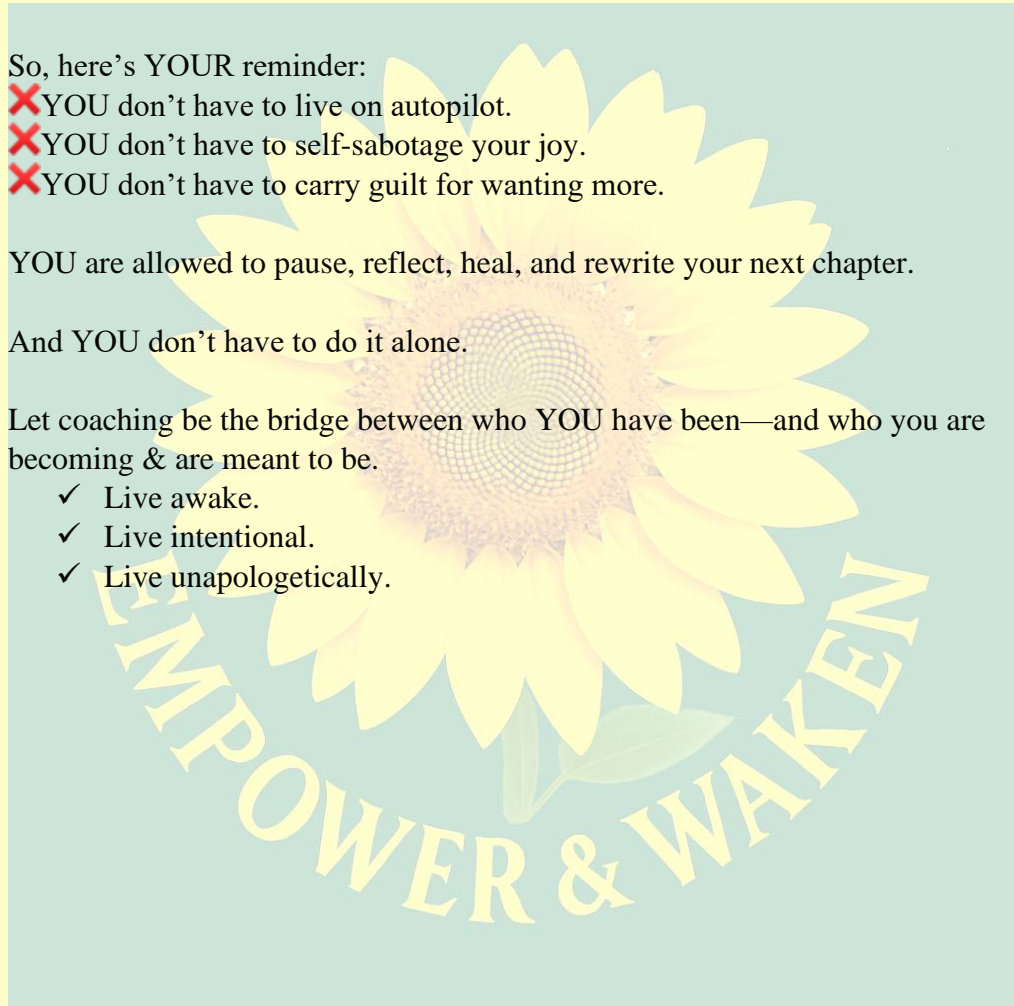
- ✗ YOU don't have to live on autopilot.
- ✗ YOU don't have to self-sabotage your joy.
- ✗ YOU don't have to carry guilt for wanting more.

YOU are allowed to pause, reflect, heal, and rewrite your next chapter.

And YOU don't have to do it alone.

Let coaching be the bridge between who YOU have been—and who you are becoming & are meant to be.

- ✓ Live awake.
- ✓ Live intentional.
- ✓ Live unapologetically.



Rewrite your story.
Face your past.
And embrace your
future with open eyes
and an open heart.
Don't self-sabotage
by living on autopilot.



Belinda Ngugi

Founder, Empower & Awaken
Transformational Coach & Mentor

Chapter 11

“When You Heal from Within, Everything Around You Shifts”

There comes a moment in your journey when you realise:

- The real work isn't fixing the world around you; it's healing the world within you.
- That's when the cycles begin to break.
- The trauma loops stop running.
- The people-pleasing dissolves.
- The guilt fades.
- And boundaries rise—not out of anger, but out of love.

WHY?

Because when you finally choose YOU—

- ✓ Unapologetically,
- ✓ Wholeheartedly,
- ✓ Consistently,

Everything begins to change.

- ✓ Your energy shifts.
- ✓ Your finances align.
- ✓ Your friendships evolve.
- ✓ Your parenting becomes conscious.
- ✓ Your work gains purpose.
- ✓ Your business gains momentum.
- ✓ Your family dynamic... recalibrates.

WHY?

Because you're no longer running on empty.

- 🌻 You've stopped performing.
- 🌻 You've started choosing.
- 🌻 You fill your own cup to the brim before you pour.
- 🌻 You've remembered who you are—and that clarity has made you selective.
- 🌻 Not everyone gets access anymore. And that's not pride. It's protection.
- 🌻 You are relearning yourself.
- 🌻 You are reclaiming your time, your peace, your truth.
- 🌻 You are no longer tolerating what drains you—only what expands you.

This is not selfish. This is sacred self-stewardship. And the beauty of it all?

- 🌻 The more YOU heal...
- 🌻 The more others around you get permission to do the same.

One bold choice. One healed heart. One powerful ripple.

It starts from within—and it transforms everything.
So today, repeat after me, “I choose me.” I embrace healing
Above all I rise—intentionally and unapologetically.”



Heal from within.
Break cycles.
Create boundaries.
Relearn yourself.
Change starts a
domino effect in
all aspects of your life.

Belinda Ngugi

Founder, Empower
& Awaken
Transformational
Coach & Mentor



Chapter 12

“Rise Intentionally. Rise Unapologetically.”

- ✓ There comes a moment in YOUR healing when YOU stop waiting for validation...
- ✓ And you start living with intention.
- ✓ Not survival.
- ✓ Not autopilot.
- ✓ Not playing small.
- ✓ But bold, conscious, unapologetic intention.

It's the moment YOU realise:

- You're no longer available for what drains YOU.
- No longer accessible to what dishonours YOU.
- No longer apologising for the boundaries that protect YOU.

Because rising isn't just about overcoming pain.

- It's about reclaiming power unapologetically,
- It's about making decisions that align with the version of YOU that YOU are becoming,
- Not the one that tolerated, hustled, or hid,
- It is about negating that which the world expects of YOU.

To rise intentionally is to say:

“I know who I am. I know where I'm going.
And I don't need permission to take up space.”

And to rise unapologetically is to say:

“I don't owe anyone an explanation for choosing my peace, purpose, or power.”

Every time you choose: -

- 🔥 Growth over guilt,
- 🔥 Clarity over confusion,
- 🔥 Alignment over approval,
- 🔥 Faith over fear
- 🔥 Humility over pride

YOU RISE. Not for applause.

- But for YOU,
- For YOUR future and those YOU have been entrusted with,
- For YOUR legacy.

So, if YOU needed a sign—this is it:

- 1 It's time to rise.
- 2 Intentionally.
- 3 Unapologetically.
- 4 Completely.

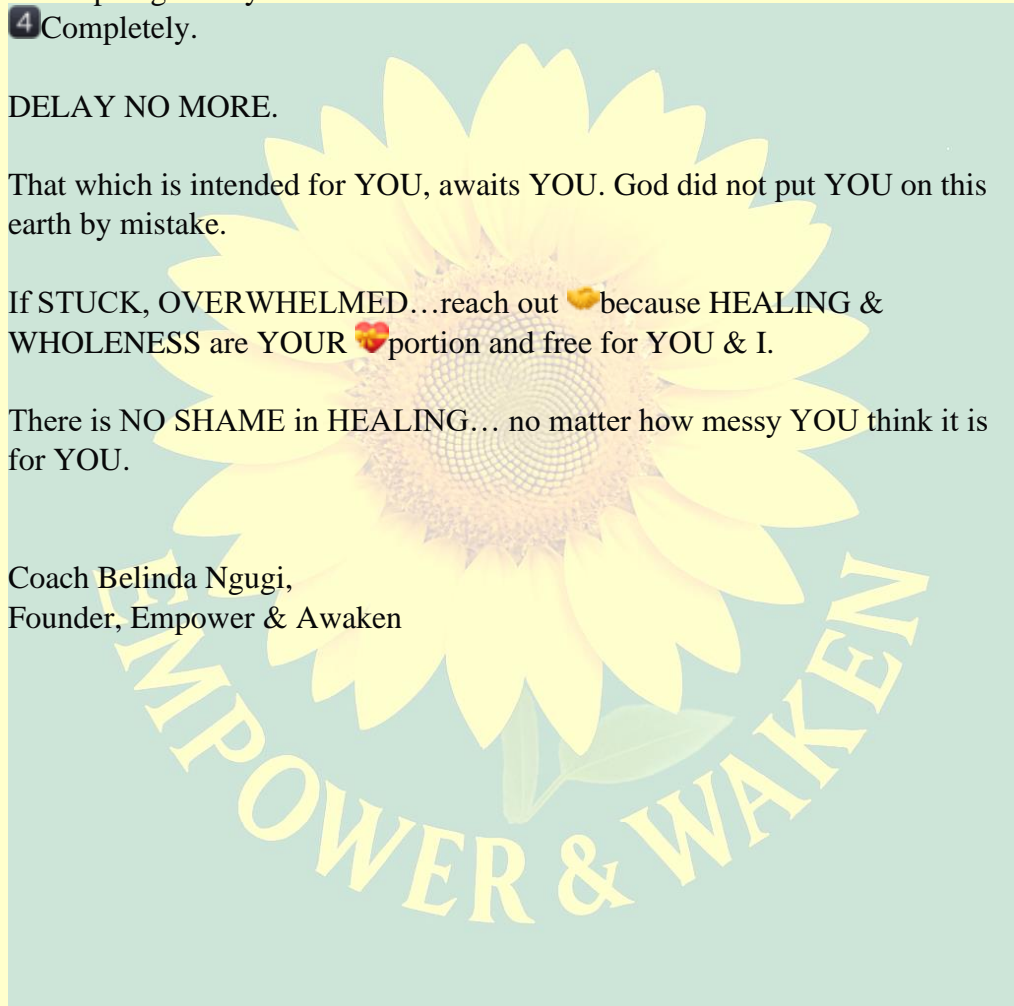
DELAY NO MORE.

That which is intended for YOU, awaits YOU. God did not put YOU on this earth by mistake.

If STUCK, OVERWHELMED...reach out 🍌 because HEALING & WHOLENESS are YOUR ❤️ portion and free for YOU & I.

There is NO SHAME in HEALING... no matter how messy YOU think it is for YOU.

Coach Belinda Ngugi,
Founder, Empower & Awaken





Chapter 13

“Rising With Peace: Detachment, Presence & Power”

Before the world taught us: -

- To chase,
- To cling to people, outcomes, timelines, and perfection,

There was a gentler rhythm.

A place within us that wasn't desperate to prove, to possess, or to please.

🌻 Just a quiet knowing.

🌻 A calm presence.

🌻 A deep breath.

As I continue rising, I've come to realise:

The next level isn't just about striving.

It's about surrendering.

🌻 Not giving up—but letting go.

🌻 Letting go of what's not mine to carry.

🌻 Letting go of the need to control what isn't mine to fix.

🌻 Letting go of guilt, urgency, and the pressure to constantly “perform healing.”

DETACHMENT IS NOT COLD: -

🌻 It's courageous, even when the ‘knees are weak’

🌻 It's standing in the storm and choosing stillness.

🌻 It's caring deeply... without losing yourself in the chaos.

🌻 It is remembering to reconnect with YOUR Maker and saying THANK YOU, no matter the storm.

At Empower & Awaken, we say:

You are the common denominator in your life.


And that means you get to choose; -

- How you show up,
- What you release,
- Who you let in,
- And what peace you protect.


So, I've been choosing:

- Presence over panic
- Boundaries over burnout
- Peace over performance
- Wholeness over hustle

And every time I choose detachment—not as a wall, but as a wisdom—

 I rise a little lighter.

 A little freer.

 A little more me.

This is the kind of rising Empower & Awaken was born for.

Not rushed.

Not loud.

But intentional.

Rooted.

Unapologetic.

Let this be your gentle reminder:

- ✓ You don't need to cling to anything to be worthy.
- ✓ You don't need to control everything to feel safe.
- ✓ You don't need to chase what was never yours.
- ✓ Your calm is your compass.
- ✓ Your clarity is your power.

And your peace? That's your birthright... DO NOT lose that.

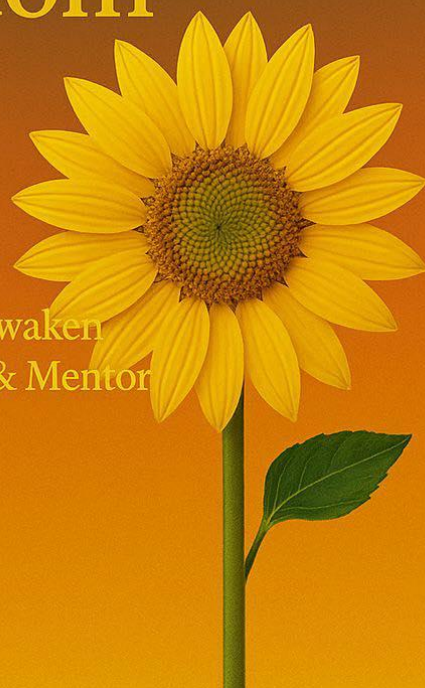
Do not hide anymore. Reach OUT.

YOUR brain, YOUR conscience, YOUR Faith, is / are speaking to YOU when in that state of questioning in your Detachment ... Listen and act.

Detachment
is not about
disconnection.
It's about
clarity, peace,
and freedom

Belinda Ngugi

Founder of Empower & Awaken
Transformational Coach & Mentor



From Rock Bottom to Rising: The Journey Summarised

From the quiet ache of grief to the bold roar of rebirth, this journey is not just mine—it's an invitation to yours.

Part 1 to Part 5 were the beginning. They traced the path from numbness, autopilot, and deep personal loss... to awakening. Through meeting Coach Irene, taking the DISC test, and confronting past patterns, I began remembering who I was. The light returned, not all at once, but deliberately—with coaching, reflection, and healing tools like CBT and Motivational Interviewing.

By Part 6 and 7, I looked deeper—into my roots, my mother, and my identity as a Black woman navigating the world. I no longer saw through pain alone, but through compassion. I began to rewrite the internal script of rejection into one of understanding and self-acceptance.

In Part 8 and 9, the message got louder: healing does not always require reconciliation. Sometimes rising means choosing yourself. It's setting boundaries. It's walking away with grace, not guilt. It's redefining loyalty—not as blind endurance, but as sacred alignment with your truth.

Part 10 and 11 reminded us that we are the common denominator in our lives. We cannot heal what we continue to perform. Autopilot must end. When we heal the inside, our external world recalibrates. Finances shift. Friendships evolve. Purpose awakens. Boundaries rise.

And in Part 12 and 13, we arrived at the crescendo:

- ✓ To rise is to live intentionally.
- ✓ To detach with power, not coldness.
- ✓ To reclaim your peace as your compass.
- ✓ Not to fix the world—but to heal yourself, and in doing so, inspire others to rise too.

🌻 Final Message:

You don't have to hit rock bottom to rise.

You rise every time you choose presence over panic.

You rise when you stop apologizing for your truth.

You rise when you say:

“I am worthy, I am healing, and I no longer need permission to live fully.”

This is your invitation.

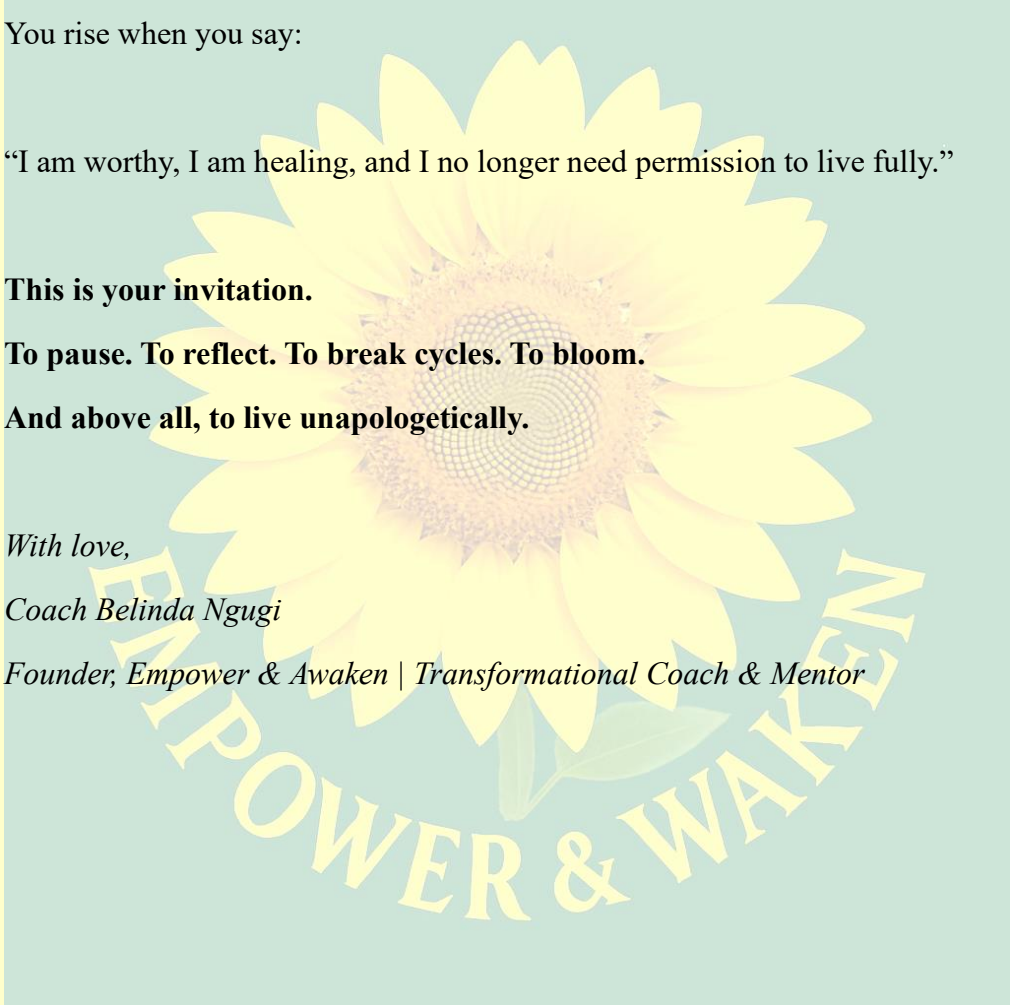
To pause. To reflect. To break cycles. To bloom.

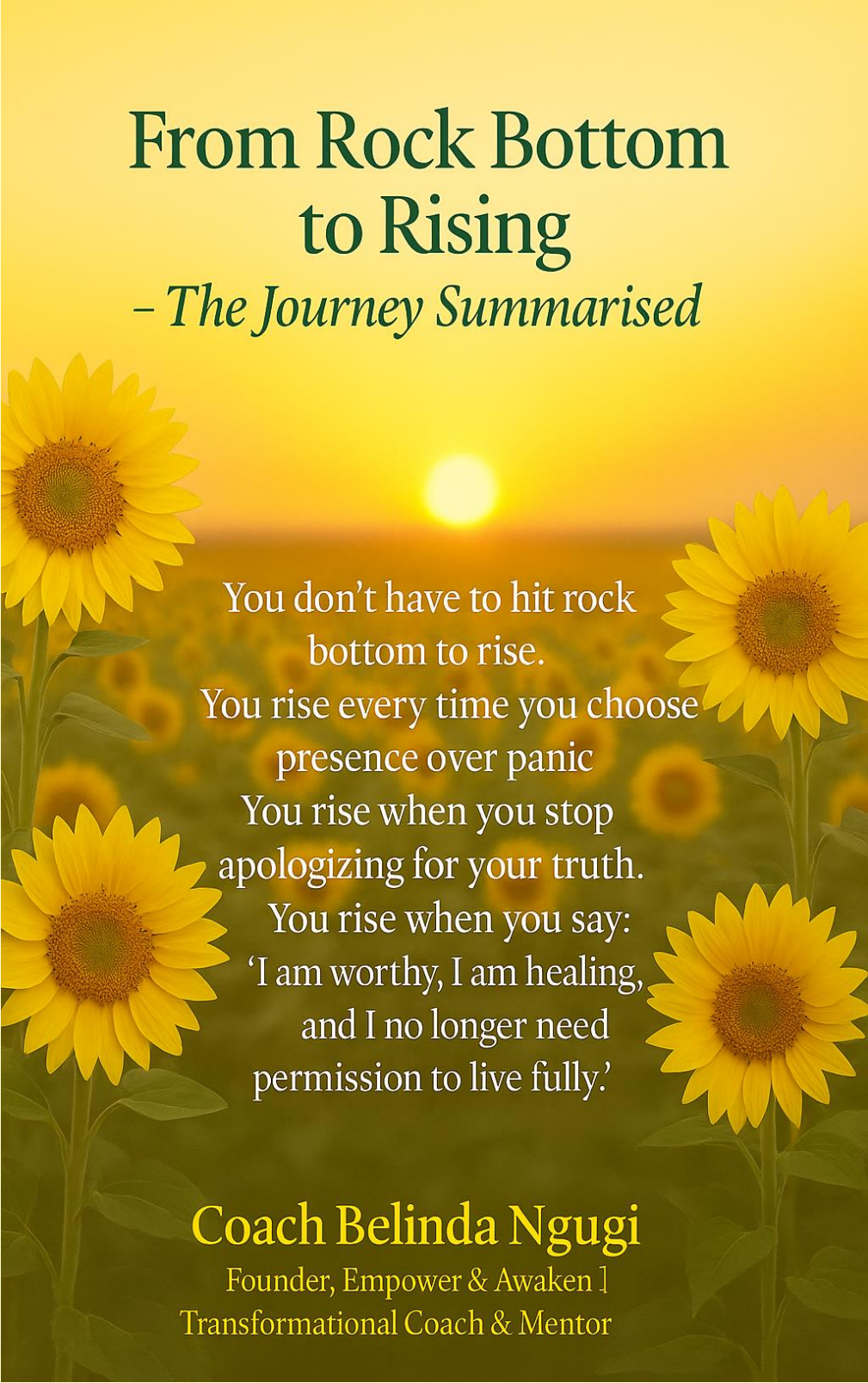
And above all, to live unapologetically.

With love,

Coach Belinda Ngugi

Founder, Empower & Awaken | Transformational Coach & Mentor





From Rock Bottom to Rising

– The Journey Summarised

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You rise when you stop
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You rise when you say:
'I am worthy, I am healing,
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