



Nehanda Truscott Reid

Maternal Wellness Coach, Speaker & Podcast Host

Nehanda Truscott Reid is a Speaker and Holistic Wellness Coach for mothers based in London. She is the founder of The Soul Mama Journey which resources women to heal, awaken and thrive through motherhood. Her mission is to support mamas on a mind, body and soul level to remember their power, break negative cycles and begin to experience motherhood as the spiritual awakening and sacred initiation it is.

Nehanda also addresses the systemic and health disparities that disproportionately affect black and brown mothers, advocating for the need to decolonise mainstream narratives of modern Western motherhood and increase diversity, representation and access in the motherhood and wellness spaces.

Nehanda is also host of The Soul Mama Podcast, the go-to podcast for conscious mothers which explores motherhood, spirituality and healing with other thought leaders from across the diaspora.

AS SEEN IN



MOTHERS MEETINGS



MUM BUB HUB



BREASTFEEDING MOTHERS



5XMORE

SUGGESTED QUESTIONS

How is maternal burnout compounded by systemic inequalities?

How can black and mixed mothers promote their mental health and wellbeing despite extra burdens during motherhood?

How do we raise liberated children in an unequal society?

How do mothers resource themselves without a village?

SIGNATURE TOPICS

Healing from maternal burnout

Healing generational cycles

Energy for new motherhood

Black and mixed raced motherhood

Conscious Motherhood

Moving beyond survival to thriving in motherhood

LET'S WORK TOGETHER!

Please email to book

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