**Benjamin Mutuku**

Benjamin Mutuku is a Clinical Psychologist, workplace wellness strategist, and mental health policy advocate with over 15 years of experience designing people-centred mental health solutions in Kenya and beyond. His journey began by listening deeply to frontline workers carrying invisible burdens, sparking his passion for transforming burnout into balance and silence into safe conversations.

Through his work at **Beracah Wellness Services**, Benjamin creates culturally grounded models that make mental well-being practical, relatable, and sustainable—whether in boardrooms, classrooms, communities, or national policy spaces. He has trained leaders, professionals, parents, and health providers to turn stress into strategy, build resilience, and foster environments where people thrive.

Benjamin is also a co-author (alongside Betty Wambua) of *The Identity Series: A 7-Day Parenting Challenge*, a pioneering early-intervention model that reframes parenting as prevention. His research and advocacy emphasize identity as the psychological infrastructure for lifelong mental health, particularly in African community contexts.

At the core of his speaking and training is a simple vision: to build workplaces, communities, and families where people are not only productive, but whole.