Bio of Rachel Nsefik-Eyo

Rachel Nsefik-Eyo is a Workplace Wellbeing Expert, Mental Health Educator and Legal Consultant passionate about helping individuals and organisations thrive mentally, emotionally, and professionally.

Rachel partners with organisations and leaders to promote employee mental wellbeing, prevent burnout, manage workplace stress, and build psychologically safe, healthy, and high-performing work cultures. She also delivers mental health education and awareness across communities, schools, faith-based spaces, and different sectors of society, equipping people with practical knowledge and tools to better understand mental health, build resilience, and support their wellbeing.

Through training, workshops, consultancy, coaching, and mental health education, Rachel creates practical and impactful learning experiences that promote sustainable wellbeing and performance.

Rachel is the Founder of Ziva Wellness Co., a social enterprise committed to promoting healthier individuals, workplaces, and communities across Africa. Ziva's work sits at the intersection of mental health, employee wellbeing, personal development, and organisational productivity, with a vision to make mental health education and wellbeing more accessible and actionable across Africa.