



Dr Rhoda Wagaki

Rhoda is a psychological counsellor with over two decades of experience in empowering individuals to lead healthier and more fulfilling lives. Currently, she is the Founding Director at Suruvi Care for Caregivers a social enterprise committed to designing programs that increase the knowledge and application of intentional self-care and wellness practices for caregivers.

The goal is to enhance the caregiver's resilience and ability to respond to the realities roles and enhance their overall quality of life Central to Rhoda's life is an intentional relationship with God, four siblings, two sons, nine nephews, three nieces and five friends. Rhoda really enjoys laughter, travel, music and dance, nyama choma na waru, and dreaming