

Wellbeing By SOTA&Co.

thrive through arts & culture



Purpose

We're here to help you improve your overall health and wellbeing through arts & culture. We provide structure and support to help you lower risks of chronic stress or burnout and prevent mental health issues such as depression and anxiety. We help you learn practical skills for improving holistically so you can grow & thrive.

Products

We create unique African print fashion accessories for gifting and practicing mindfulness activities to boost your wellbeing.

Services

We facilitate workshops and group mentoring to promote holistic wellbeing and DEI initiatives in various organisations.



@vitenje
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Vitenje Gift Store

We create unique African print fashion accessories for gifting and practicing simple mindfulness activities. Product range includes, journals, headwraps, hats, bags...



Warriors of Wellbeing

We facilitate workshops and group mentoring to promote holistic wellbeing in various organisations. Core dimensions include personal, vocational, social wellbeing



AfrocentricWays

We facilitate African cultural workshops to promote diversity & inclusion initiatives in various organisations. Core elements include style, artistry, foodways



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