

CAROL WANJERU

SPEAKER · AUTHOR OF ROOTED · FOUNDER, UHAI FOREST TRUST



"Regeneration is a ground-up movement. It starts from barely anything."

SPEAKING TOPICS

Wellness & Mindfulness for High-Pressure Careers

A grounded, practical talk on staying steady when the pace of work doesn't let up — drawn from the same patience that regenerating land requires. Built for audiences under real pressure: clinicians, executives, and teams running on empty. Confirmed for the Gastroenterology Conference, Mombasa, November 2026.

Starting From Nothing: Lessons in Regeneration

What five acres of dead soil taught her about rebuilding almost anything from very little — land, a career, a sense of purpose.

Finding Your Voice: The Story Behind Rooted

How a deeply personal book got written one honest chapter at a time, and what it takes to put that kind of work into the world.

ABOUT CAROL

Carol Wanjeru is the founder of Uhai Forest Trust, a land regeneration project in Kenya, and the author of *Rooted: Life Lessons from the Natural World*. She spent years learning what depleted land actually needs to recover, and started noticing the same patterns showing up in people. That's the throughline in her speaking: what nature teaches us about starting over, staying steady under pressure, and rebuilding when there isn't much left to work with.

CREDENTIALS

- Author, *Rooted: Life Lessons from the Natural World* (2026)
- Founder, Uhai Forest Trust — regenerative land restoration, Kamulu, Kenya
- Upcoming: Keynote speaker, Gastroenterology Conference, Mombasa — Nov 2026

Available for keynotes, workshops & panels

carolwanjeru@gmail.com · +254 718 038 909 · carolwanjeru.com