

Cultivating The Lives Of People

Certified Trauma Recovery Coach and Christian Counselor | Mental Health and Suicide Prevention Trainer
Business Strategist | Transformational Speaker | Author

Company Background

Instrument of God, LLC

Empowering Growth.
Fostering Recovery.
Transforming Lives.



About Us

Instrument of God, LLC (IOG) is a transformative coaching, counseling, and consulting company dedicated to empowering individuals and organizations to recover, restore, and thrive. Founded by Sia Moiwa, a Certified Trauma recovery Coach, Christian Counselor, Mental Health & Suicide Prevention Trainer and Culture Consultant, IOG specializes in addressing trauma, fostering mental and emotional wellness, and guiding strategic transformations for a more inclusive and diverse world.



Our Mission

At IOG, we are dedicated to fostering healing, restoration, and recovery for individuals from all walks of life. Our mission is to provide inclusive, trauma-informed support that inspires individuals, organizations, and communities to heal deeply and thrive authentically. Through coaching, counseling, consulting, speaking engagements, training, workshops, and awareness initiatives, we aim to empower and equip people with the tools to navigate their healing journey and embrace lasting transformation. Together, we help individuals move beyond pain, reclaim their wholeness, and cultivate lives rooted in purpose, resilience, and wellness.



Our Vision

To be a Global healing source for individuals, families, communities, and organizations.

Our Services

Trauma Recovery Coaching & Counseling

- Tailored one-on-one sessions for individuals navigating trauma and seeking recovery.
- Group workshops and compassionate support circles for individuals and families impacted by childhood and complex trauma, guiding them toward recovery, emotional wellness, and purposeful living.

Workplace Transformation Consulting

- Training designed to embed inclusive behaviors and inclusive culture at every level of your organization.
- Guidance for leaders and teams to build psychologically safe and inclusive environments.
- Custom programs addressing workplace trauma, such as microaggressions and micromanagement and suicide prevention.

Business Strategy Development

- Personalized coaching for visionaries, influencers, entrepreneurs, and business owners to align goals with impactful strategies.
- Tools, strategy, and frameworks to enhance leadership skills and organizational success.



Speaking & Training Engagements

- Keynote presentations and workshops on mental health, trauma recovery, self-love, resilience, and faith-based wellness.
- Professional development courses for women, educators, community leaders, and organizations.

Why Choose Instrument of God, LLC?



Expertise: Over eight years of experience in trauma recovery, counseling, and business strategy.



Accreditation: Certified through leading organizations, including the International Association of Trauma Recovery Coaching (IAOTRC).



Client-Centered Approach: Tailored solutions that honor the unique experiences and goals of each client.



Global Impact: Initiatives that span communities worldwide, including Sierra Leone, where IOG leads mental health initiatives and trainings.

[Click HERE to Work With Me](#)

Contact Us:

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Instrument Of God, LLC

Your Partner In Recovery, Growth, And Transformation.



Trauma-Informed Approach

INSTRUMENT OF GOD, LLC IS A HEART-CENTERED HOLISTIC INCUBATOR DEDICATED TO 'CULTIVATING THE LIVES OF PEOPLE.' BY FOCUSING ON THE WHOLE PERSON, WE FOSTER EMOTIONAL AND MENTAL WELLNESS, EMPOWERING INDIVIDUALS TO LEAD HEALTHY, THRIVING LIVES.

HONOR. EDUCATE. ANCHOR. LIBERATE.

Bio

Hello, my name is **Sia Moiwa**

The founder of instrument of god, LLC, and I carry the spirit of healing that transforms pain, empowers purpose, and embraces authenticity. I create holistic and brave spaces where I cultivate the lives of people and wellbeing.

As a cultivator, I specialize in equipping individuals to recover from traumatic experiences, fostering mental and emotional wellness, and guide purpose-driven organizations to thrive.



My mission is to facilitate healing and restoration, enabling individuals and businesses to embrace authenticity, live healthy lives, and thrive in dynamic environments. My passion lies in cultivating lives and transforming them through trauma recovery healing, mental health advocacy, and humanitarianism. I engage with audiences through speaking engagements, teaching, coaching, counseling, and consulting.

Various roles, I am an Amazon best-selling author. My book, "The Gyrfriend Code - Woman's Empowerment Breakthrough Edition," sheds new light on the dynamics of female friendship and empowerment, drawing from my powerful personal story as a co-author. My subsequent work, "Pieces of Me," offers a gripping reflection that guides readers through the journey of healing from traumatic wounds.

I hold dual degrees in Business Administration and Theology, along with various certifications in Trauma Recovery, Trauma Healing Facilitation, Suicide and Mental Health Training, and Trauma-Informed Coaching and Counseling. As an active member of the International Association of Trauma Recovery Coaching (IAOTRC) and the North American Association of Coaches and Counselors (NAACC), I am committed to advancing my expertise and deepening my dedication to the transformative journey of healing souls.

Signature Topics Include:

01. **EmpowerHER:** Bold and Brilliant BIPOC Women Healing Workplace Trauma
02. **Bound by Faith, Saved by Hope:** A Faith-Centered Approach to Suicide Prevention & Support
03. **Cultivating a Culture of Wellbeing:** Building Thriving Organizations and Communities
04. **Redeemed, Restored and Renewed:** Living in the Fullness of God's Promise

Featured In:

YAHOO!

sheen
MAGAZINE

VoyageHouston

CANVASREBEL

W/E

Business TALK
RADIO



Until Your Soul Is Healed. Your Life Cannot Settle.

"Pieces of Me" by Sia Moiwa is a deeply personal and poetic exploration of her transformative journey through trauma and healing. Through raw and authentic narrative, Sia reveals how her faith in God turned her pain into powerful purpose, guiding her toward restoration and vindication. This book will help you embrace your own journey, navigate the complexities of healing, and discover the strength within. This book is about my personal poetic journey and experiences of trauma and overcoming. It is a story of restoration and vindication of how God allowed my trauma to collide me into my healing and purpose.

