

PDXbizwomen  
COALITION

MEMBER PROFILE



# MIHO HATANAKA

## CO-OWNER, HOUSE NINE WELLNESS & TEA

I like to see myself on a mission to create a wellness facility where practitioners are treated fairly and well. As a Registered Dietitian Nutritionist, I worked in a conventional healthcare system where providers are overworked in a high-stress environment. I have always believed if the providers are well and happy, then the patient will be well taken care of. Healthcare providers are naturally amazing caretakers. So in 2020, along with my business partner, Sarah, we established House Nine Wellness & tea. We're proud to say that now we have an exceptional team of practitioners.

My journey to becoming a business owner has been a string of miracles. As an immigrant, woman, and first-time business owner, there were a

lot of unknowns and uncertainties. Our business opened right before the pandemic and we've weathered through many challenges. Many people, myself included, get stuck in the analysis paralysis. Through many decision-making, I found that trusting my gut is a viable option, it always turns out better than I expected.

To prepare myself for a challenging time, I like to put myself on a small challenge daily which makes me resilient over time and flexible during changes. Resiliency and flexibility don't come overnight so you must exercise every day like you do for your physical body. Life is hard, and being a business owner is hard, but I keep my head up as much as I can and have much fun along the journey.

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