

Rise Above Positive Mindset Revolution Mind Wellness Program



www.nhkconsultants.com



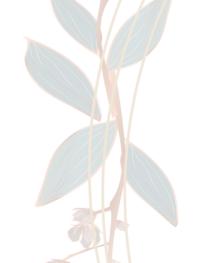
Unlock Your True Potential, Embrace Confidence, and Elevate Self Esteem!

Are you ready to transform your life and radiate a new found sense of self-assurance?

Our program is designed to help you achieve balance, peace, and clarity in your daily life called Find ME Again. It is a Real-life guidance to support individuals to live well, have greater self-awareness to improve happiness with a positive mind-set and positive learnings.

If you have negative thoughts, the self-talk in your head controlling you. You are gathered with the feelings of anxiety, depression, and moods that hit self-destruct. Unable to communicate thoughts well leading to stressful moments.

I will coach you through a holistic approach to wellness, incorporating mindfulness practices, stress reduction techniques, and personalized coaching sessions to help you achieve mental clarity and resilience.



What we Offer ?

- Bring self- awareness to conscious mind.
- Addressing your negative thoughts how you can sabotage yourself
- Preserving Positive Learnings -Practice mindfulness
- Understanding how to build rapport and social connections.
- Re-build self-esteem, confidence and self-image
- Daily Journaling

Your Learnings

- Learn to being yourself and boost self-confidence and resilience,
- Building foundation to great emotional wealth,
- Manage stress and anxiety by addressing problems in your life,
- Identify your excuses STOP IT,
- Understanding real underlying issues root cause of the problem,
- Increase focus and productivity,
- Adopt healthy life style,
- Develop mindful habits overcome self-destruction and bad practices to support you when you feel stuck,
- Starting a journey to become the best version of YOU.