



***Rise Above***  
***Positive Mindset Revolution***  
*Mind Wellness Program*





# *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.