



◆ The Centered Healing ◆

Self Transformational Plan

Embark on a transformative journey with our Personalized Coaching Program with Dr. Mahrukh Mustansar Ph.D. meticulously crafted to unlock your full potential. This personalized coaching experience is tailored to catalyze profound self-discovery, promote growth, and empower you to enact lasting change in both your personal and professional spheres.

MOST POPULAR!

◆ Self Transformational Plan Includes

- 1:1 consultation online or in person
- **Six to Eight, 45 to 60** minute **NLP Integrated** Live sessions with Dr. Mahrukh **per month**
- Comprehensive Intake Session with Psychometrics and Personality Assessment Tools
- Personalized NLP Integrated Shadow Coaching
- 360 Degree Feedback Process
- Creative Direction
- Personalized Mindfulness Guided Practice
- Resources: Articles, PDF Guides Access
- Email and Phone Availability for Urgent Matters
- **BONUS: Free Functional Medicine & Internal Medicine Consultation by our Board Certified Physician**

Struggles

- Stress Management
- Relationship Struggles
- Persistent Worry
- Confusion
- Lack of Motivation
- Decision Making
- Mental & Physical Fatigue
- Lack of Confidence
- Professional & Career issues

Outcomes

- Action Plan to Manage Stress
- Greater Self-Awareness
- Improved Communication
- Goal Setting & Achievement
- Enhance Problem Solving
- Strengthen Interpersonal Relationships
- Improve Decision Making Abilities
- Conflict Resolution Skills
- Personal Fulfillment, Peace & Happiness

Visit my website for more www.TheCenteredHealing.com