



Dr. Mahrukh Ph.D.

Msc, M-phil, Ph.D., mNLP

Certified Mental Health Coach, Life Coach & Master NLP Practitioner
Expertise: Neurolinguistic programming, peace psychology, Conflict management, spiritual psychology and holistic wellbeing.

Affiliated with American Psychological Association (APA) and International Network of Peace Psychology (INPP)



I know the sting of doubt, the ache of broken dreams. You might have heard it too – the scoffs, the laughter, the disbelief in your aspirations. I felt it when I shared my passion for peace psychology, facing a void of support. Time seemed to freeze, questions echoing – “Can I truly make it?”

But laughter didn't define me. It became fuel. Fueled by that doubt, I forged my path, becoming one of the few peace psychologists with a unique blend of expertise: exceptional Neuro-Linguistic Programming (NLP) skills, a deep understanding of spirituality, and the potent guidance of life and mental health coaching.

Life's journey isn't paved with roses. I've battled my fair share of challenges – relationships lost and found, traumas faced, insecurities battled, hope threatened. But through it all, I discovered resilience. I learned powerful coping mechanisms, navigated darkness, and emerged stronger.

So, if you feel lost, stuck, or overwhelmed, know this: I've been there. I understand. And I'm here to help you rise.

My foundation lies in behavioral psychology, peace psychology and conflict management. This potent bedrock is further strengthened by my expertise in NLP, life coaching, and mental health coaching. It's a diverse skillset forged in real-life experiences and honed in classrooms – a powerful toolkit I offer to walk alongside you.

Together, we can transform life's curveballs into opportunities. We'll face challenges head-on, turning them into stepping stones for growth and success. I'm not just here to help you find contentment; I'm here to empower you. To refine your decision-making, unlock your motivation, and ignite your journey toward personal, psychological, spiritual, and professional fulfillment.

YOUR PATH BEGINS HERE. LET'S WALK IT TOGETHER.

WHAT YOU GAIN!

- Holistic Wellbeing Mastery
- Positive Mindset Shift
- Nourishing Relationships
- Navigate Transitions with Confidence
- Experience Holistic Wellbeing Transformation
- Positive Psychology Unleashed
- Mindful Living and Stress Mastery
- Unveil Your True Self through Self-Discovery

**"UNLOCK YOUR POTENTIAL,
ELEVATE YOUR MIND,
TRANSFORM YOUR LIFE"**

SERVICES

- Grief & Trauma Coaching
- Mental Health Coaching
- Executive Decision Making
- Relationship Coaching
- Conflict Resolution
- Spiritual Counseling
- Transition & Change, Confidence Building
- Self-Esteem Coaching
- Positive Psychology
- Stress Management
- Self Discovery
- Mindset Shifts
- Career Development



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