



THE CENTERED HEALING  
DR. MAHRUKH PHD

## DR. MAHRUKH MUSTANSAR PHD

MENTAL HEALTH & LIFE COACH

*"Unlock Your Potential: Elevate Your Mind, Transform Your Life"*



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www.TheCenteredHealing.com



Serving Clients Globally & Locally



English, Urdu, Hindi



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION









THE  
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## SERVICES

- Executive Decision Making
- Mental Health Coaching
- NLP Integrated Life Coaching
- NLP Integrated Motivation Strategies
- Confidence Coaching
- Conflict Management
- Positive Mindset Shifting
- Relationship Coaching
- Stress and Depression Management
- Achieving Client Defined Goals
- Meditation and Mindfulness



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