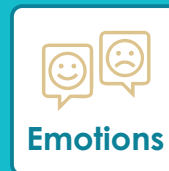




Learn to
Manage your



Emotions



Relationships



Life Issues

MENTAL StrengthTM

PROFESSIONAL



Do I need
GUIDANCE For

MENTAL Strength?

REMEMBER,
You Are What You Think...
*Make Those Thoughts
Empowering*

Building mental health and strength is as important as building physical health. Your life is the result of your thoughts and actions. A sound mind results in a healthy body. With our counseling, therapy or coaching interventions, you develop inner strength and resilience to alter your thinking patterns.



Free Yourself from Negative Thoughts
and Change the Way you Respond.
Make this a Habit for Life!

How do I know if I Need Support?

- Prolonged sadness, depression
- Unable to find a purpose in life
- Inability to manage stress and worry
(display stress-related physical symptoms)
- Struggle coping with divorce, breakups
- Lack of self- confidence, self- esteem
- Constantly thinking negative, blocked energies
- No clarity for personal, professional goals
- Addiction to alcohol, substance abuse
- Loss of interest in activities



Who are Mental Strength Professionals[®]?

We are counselors, coaches, therapists and energy healing professionals all belonging to the category - **Mental Strength Professional[®]**.

We are highly trained in the areas of **Psychology, Spirituality**, as well as building **Mental Health**.

Our focus is to end the stigma around Mental Health while liberating people from the shackles of their own mind.

Come, rediscover and take the reins over your life with greater conviction in self!



SERVICES We offer for Counseling



Depression & Anxiety



Couple Counseling



Personal Development



**Building Self-confidence,
Self- Esteem**



Stress & Worry



Midlife Crisis



Divorce



Chakra Cleansing

We also offer



Reiki Healing & Reiki Certification

MEET THE FOUNDERS



Dr. Paras is a renowned Life Leadership Coach and Mindfulness Practitioner gifted with the ability to make people tap their own potential. He has transformed lives by improving people's abilities to identify triggers. He works with individuals to build inner strength and release the weight of their worries by bringing an accountability towards self.

Kalpna Joshi is known for her powerful intuitive skills. Her expertise in Chakra Cleansing and healing has helped people gain physical, emotional, and spiritual balance and peace.

Ekktaa is a Spiritual Coach with a firm belief that anyone can have the life they desire. She has worked with people to overcome every issue and empowered them towards a life-changing experience.



Fees for Mental Strength Professional™ (MSP)



MSP Starter

2-5 Years
Experience in Mental Health

INR 2400 +18% GST



MSP Intermediate

5+ Years
Experience in Mental Health

INR 3300 + 18% GST



MSP Premium

Personal Sessions
with Founders.

Price on request

Disclaimer: We do not Prescribe Medication and Our Sessions cannot be considered as a Substitute for any Medical Treatment.

How to Book ?



Talk to us (Phone, Skype, Zoom Sessions)



Fix an appointment and meet us in person

- Please book a session online. Read the faq on website for details.
- 100% Confidential.



Dr Paras Wellness

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Maharashtra, India



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