

Anjali Kumari

Life & Anxiety Coach

Anjali Kumari

Certified Life Coach | Emotion Coach | Anxiety Coach | NLP Practitioner
Bengaluru, India

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Skills

Dedicated Life and Emotional Coach with extensive experience in guiding clients through stress, anxiety, grief, and relationship challenges. Expertise in fostering personal growth, emotional fulfillment, and healthier connections through empathetic listening and intuitive understanding. Skilled in providing supportive guidance and holistic strategies to enhance mental and emotional wellness. Committed to creating a safe, judgment-free environment that empowers individuals to unlock their true potential and achieve lasting happiness.

Experience

Mentalzon/ Freelancer Certified Life Coach

Feb 2024 - Present, Remote

- Independently managed 5+ clients dealing with chronic anxiety.
- Developed personalized coaching plans to address individual client needs.
- Utilized evidence-based techniques to support clients in achieving their personal goals.

Joy+ / Freelancer Certified Life Coach

July 2024 - Present, Remote

- Successfully handled 10+ global clients from the USA, Canada, and Europe.
- Enhanced client communication skills to foster healthier relationships.
- Implemented strategic coaching methods to promote emotional well-being and resilience

Happy Living / NLP Coach

April 2024 - August 2024, Remote

- Healed 20+ clients through over 100 sessions using Neuro-Linguistic Programming (NLP) techniques.
- Facilitated transformative workshops focused on personal development

and emotional healing.

- Monitored client progress and adjusted coaching strategies to ensure effective outcomes.

Self Employed

Instagram - [mindcoachanjali](#)

Jan 2020 - Present, Remote

- Healed 100+ clients through 1,000+ coaching sessions via direct messaging and virtual consultations.
- Created 200+ posts focused on mental health awareness, healing, and personal development.
- Managed the Instagram account independently, including content creation, scheduling, and analytics tracking to optimize engagement and reach.

Skills

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- **Emotional Intelligence:** High ability to understand and manage emotions.
 - **Empathetic Listening:** Skilled in creating a non-judgmental and supportive environment.
 - **Stress Management:** Techniques to help clients cope with and reduce stress.
 - **Relationship Coaching:** Enhancing communication and fostering healthy connections.
 - **Personal Growth Facilitation:** Guiding clients to unlock their potential and achieve goals.
 - **Holistic Wellness:** Integrating mental and emotional strategies for overall well-being.
 - **Cultural Competence:** Experience working with a diverse, global client base.
 - **Social Media Management:** Expertise in creating and managing content for mental health awareness on Instagram.
 - **Analytics:** Proficient in analyzing account performance to drive engagement and growth.

Certifications

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1. [Professional Anxiety Coach](#)
 2. [NLP - Neuro Linguistic Programming - Your Ultimate Guide To NLP](#)
 3. [Diploma in Stress Management](#)
 4. [Insomnia Solution - Sleep Better!](#)
 5. [Professional Emotion Coach](#)
 6. [Psychology of Anxiety and Stress Management](#)
 7. [Customer Service Skills](#)
 8. [Diploma in Mental Health](#)
 9. [First Aid for Mental Health](#)
 10. [Professional Life Coach](#)
 11. [Fundamentals of Trauma Processing](#)

Education

Jamshedpur Women's University / B Com.

July 2015 - June 2018, Jamshedpur