



SARJEET SINGH

CERTIFIED TRAUMA-INFORMED COACH,
EXPERIENCED LIFE COACH.

ABOUT ME

I help individuals relieve stress, increase focus, heal trauma, and develop healthy relationships through the complexities of work-life balance. I bring a blend of empathy, expertise, and a result-driven approach to help my clients navigate their challenges.

➤ WORK EXPERIENCE

- **LIFE COACH**
 - **Liftalk** Dec-2023 - Now
- **MINDFULNESS & LIFE COACH**
 - **Calm Scholar Meditation** Dec-2022 - Now
- **MINDFULNESS & LIFE COACH**
 - **Self-Employed** Nov-2017 - Now
- **AREA SALES MANAGER**
 - **Vidura Academy** 2014 - 2016

➤ SKILLS

- Teaching and guiding complexities of life
- Teaching and guiding about healthy communication.
- Expert on life coaching
- Coaching private clients and groups
- Building coaching programs
- Facilitating processes for alternative healing
- Team management and leadership
- Exploring life through mindfulness

WWW.MINDHEARTSPACE.COM

CONTACT

Email
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EXPERTISE

- Meditation
- Breathwork
- Mindfulness
- Trauma Healing
- Relationship & Life Coaching
- Personal Development

CERTIFICATION

Yoga Teacher &
Holistic Health Coach

MDVTI India 2019

Trauma-Informed
Coach

*The Centre For
Healing*

EDUCATION

- B.A. Psychology
- Pursuing from
IGNOU University

LANGUAGE

- English