

# RASHIDA ARSIWALA

Wellness Counselor/Life coach

## CONTACT

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78, L'Amour, Bandra West,  
Mumbai

## PROFILE SUMMARY

I am a certified life coach, therapist, and educator, passionate about guiding individuals to holistic health, self-discovery, and personal growth. I focus on creating a supportive environment for self-worth, healing, and empathy through personalized coaching. Specializing in building resilience and addressing limiting beliefs, I take pride in making a positive impact, demonstrated by notable achievements and ongoing dedication to empowering transformative journeys.

## EDUCATION

2022

RHODES WELLNESS COLLEGE

- Life Skills Coach certification

2022-2023

RHODES WELLNESS COLLEGE

- Professional Counselor Diploma

## WORK EXPERIENCE

**The Healing Couch**  
(Mumbai/Online)

2023-PRESENT

Started a therapy service that provides a non-judgmental and empathetic space for clients to overcome their shortcomings and traumas. Additionally, offering life coaching services to help clients navigate daily obstacles and improve their overall well-being.

## SKILLS

- D.B.T
- C.B.T (Adult and Child)
- Behavioural issues in adolescents
- Active listening
- Confidentiality

**Wind Chimes (Mumbai)**

2007-2011

Worked as a Nursery class teacher at Wind Chimes from June to December 2007 and from June 2010 to April 2011. Currently, providing private tuition at home to students from grades 2 to 8, covering I.C.S.C and I.B curricula.

**International School of Studies (Karachi, Pakistan)**

1997 - 2003

Worked as a Class Teacher for Grade II and III, where I developed schemes of work and lesson plans, established clear objectives for all learning activities, and prepared the classroom for class activities. I observed and evaluated students' performance and development, assigned and graded classwork, homework, tests, and assignments, and encouraged and monitored individual student progress. I maintained accurate records of students' progress, enforced school discipline, and participated in department and school meetings, including parent meetings. Also, guided and taught children with special needs.

## LANGUAGES

- English: Fluent
- Urdu: Fluent
- Hindi: Spoken

# COVER LETTER

I am writing to express my interest in offering my services as a freelance therapist at your establishment. With a profound passion for guiding individuals towards holistic health, self-discovery, and personal growth, I am eager to bring my skills and experience to your esteemed establishment.

I am a certified life coach, therapist, and educator dedicated to creating a supportive environment that fosters self-worth, healing, and empathy. My approach involves personalized coaching tailored to each client's unique needs, focusing on building resilience and addressing limiting beliefs. Through my work, I have consistently made a positive impact on my clients' lives, empowering them to embark on transformative journeys.

Having started a therapy service that provides a non-judgmental and empathetic space for clients, I have honed my ability to help individuals overcome their shortcomings and traumas. Additionally, my life coaching services assist clients in navigating daily obstacles and enhancing their overall well-being. My achievements and ongoing dedication to this field underscore my commitment to making a meaningful difference in the lives of those I work with.

I am confident that my experience and approach align with the values and goals of your vision and plan. I would be honoured to contribute to your team and offer my expertise to your clients, helping them achieve their personal and emotional goals.

Thank you for considering my application. I look forward to the opportunity to discuss how my services can complement and enhance your offerings.