

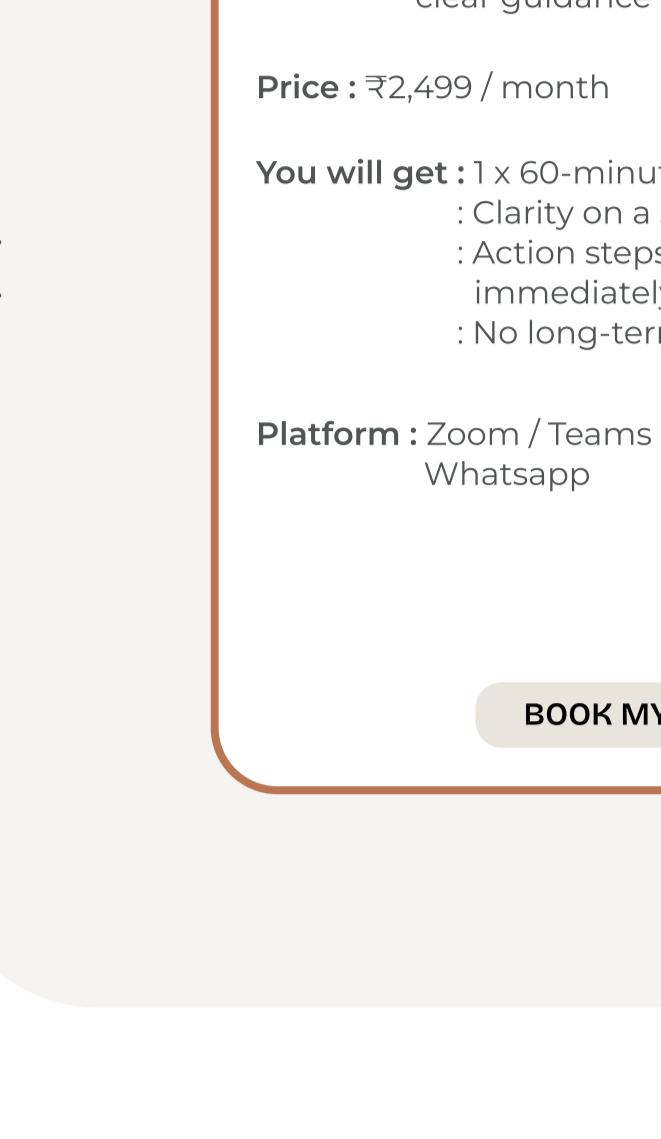
Our Services

Personalized coaching to build clarity, confidence, and direction.

You're not alone if you feel overwhelmed, stuck, or unsure about your next step. Whether you're striving for clarity in your career, struggling with self-confidence, or seeking a healthier work-life balance - you deserve support that understands your journey. Welcome to my tailored coaching services - crafted to help you rise with clarity, confidence, and purpose.

Invest In Yourself - Choose the Path That Fits Your Journey

Every person needs a different level of support. That's why each plan is designed to help you move from confusion to clarity, self-doubt to confidence, and stress to emotional strength - at a pace that feels right for you.



Personalized Mindset Coaching

Tailored one-on-one sessions that address your unique challenges, helping you overcome fears, build confidence, and achieve clarity for personal and professional growth.

Who It's For:

This coaching is for anyone who senses a gap between where they are and who they could truly become - especially professionals and women who carry the quiet, heavy weight of doubt, overthinking, or constant self-critique. If you ever find yourself thinking, "If only I were more confident," "Why can't I stick to my goals?" or "I know I can do more, but something holds me back," this program was designed with you in mind.

It's for people who:

- ✓ Wake up with good intentions but end the day feeling stuck or overwhelmed.
- ✓ Feel held back by negative self-talk, perfectionism, or fear of failure.
- ✓ Want to replace old habits with practical routines that support growth and calm.
- ✓ Are ready to stop reacting and start choosing: responses, priorities, and direction.
- ✓ Seek a compassionate yet action-focused coach to help translate insight into real change.
- ✓ Value privacy and a tailored approach (not cookie-cutter solutions) to reclaim emotional balance and performance.
- ✓ Whether you're managing stress, working to rebuild self-esteem after setbacks, or striving to perform at your best without sacrificing wellbeing, Personalized Mindset Coaching meets you where you are and helps you create the inner conditions for lasting success.

What can you expect:

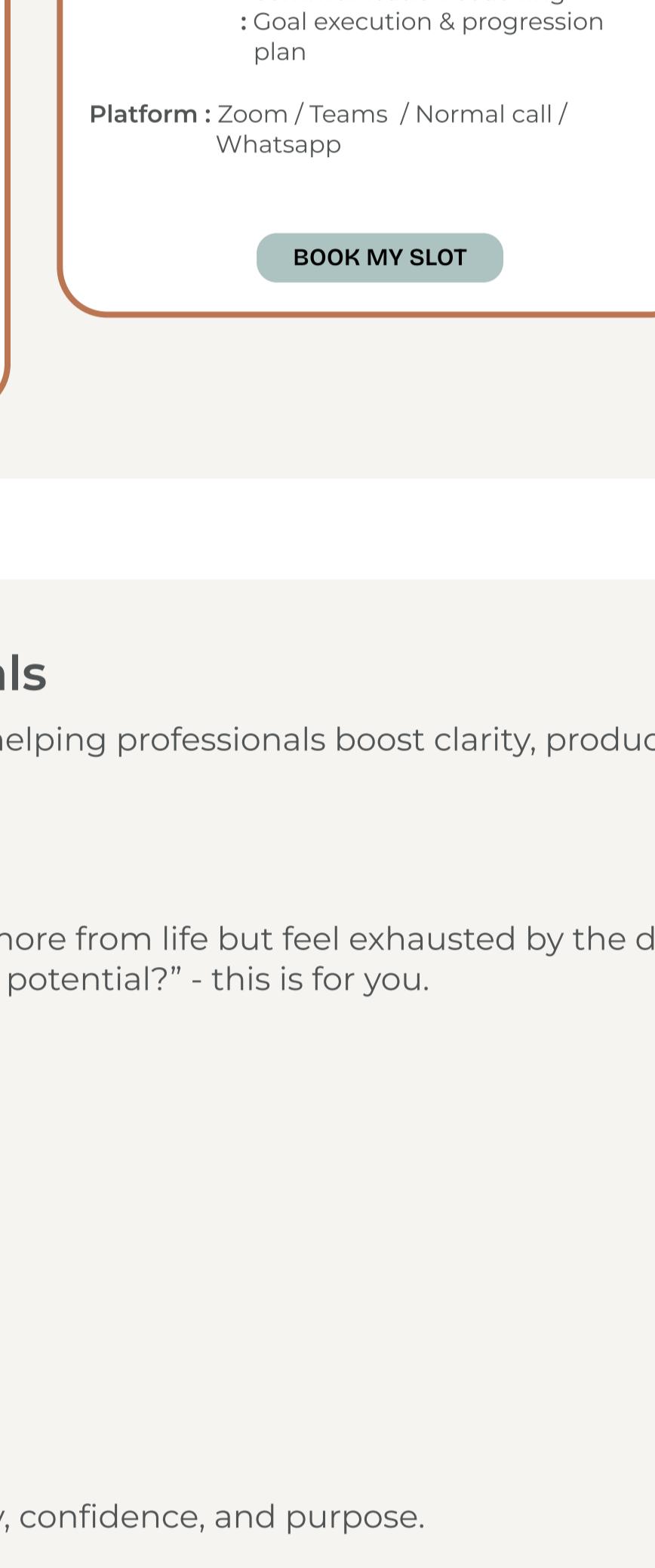
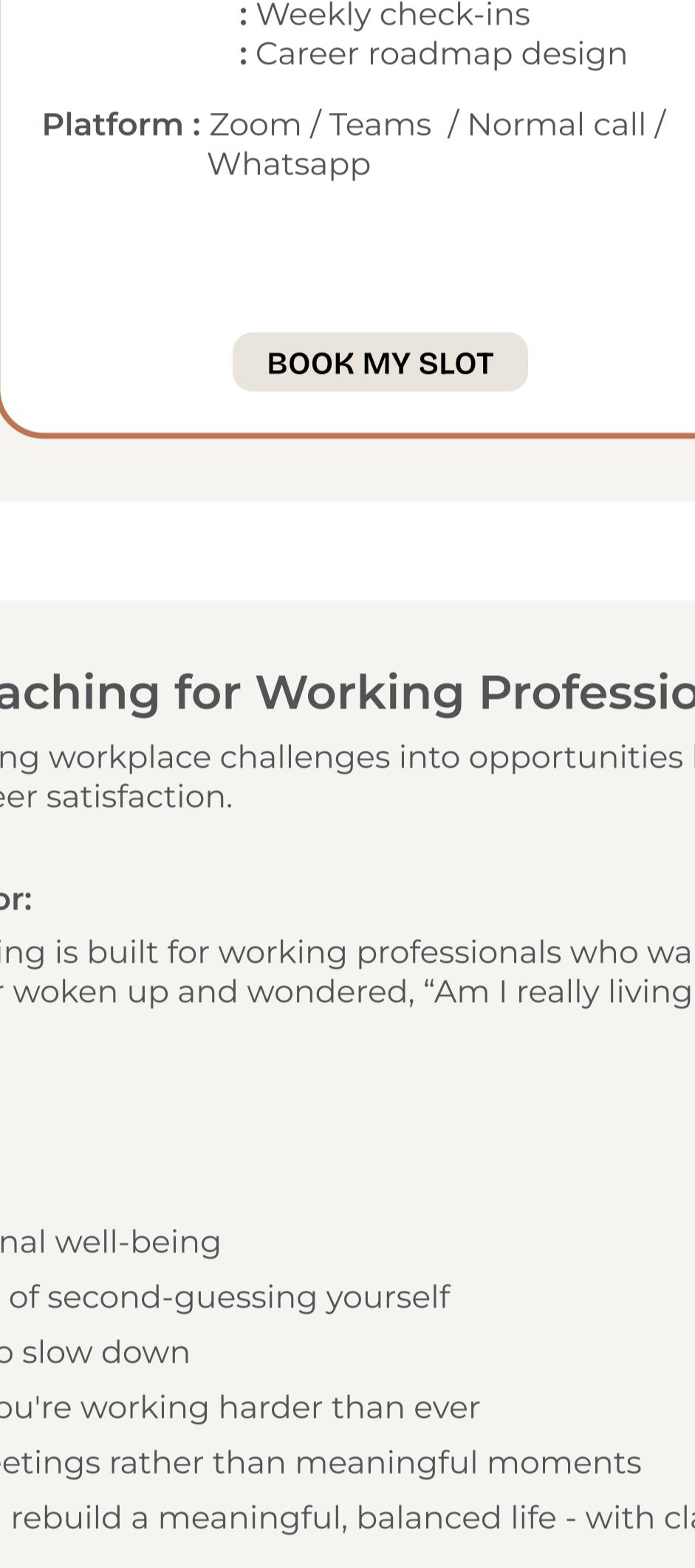
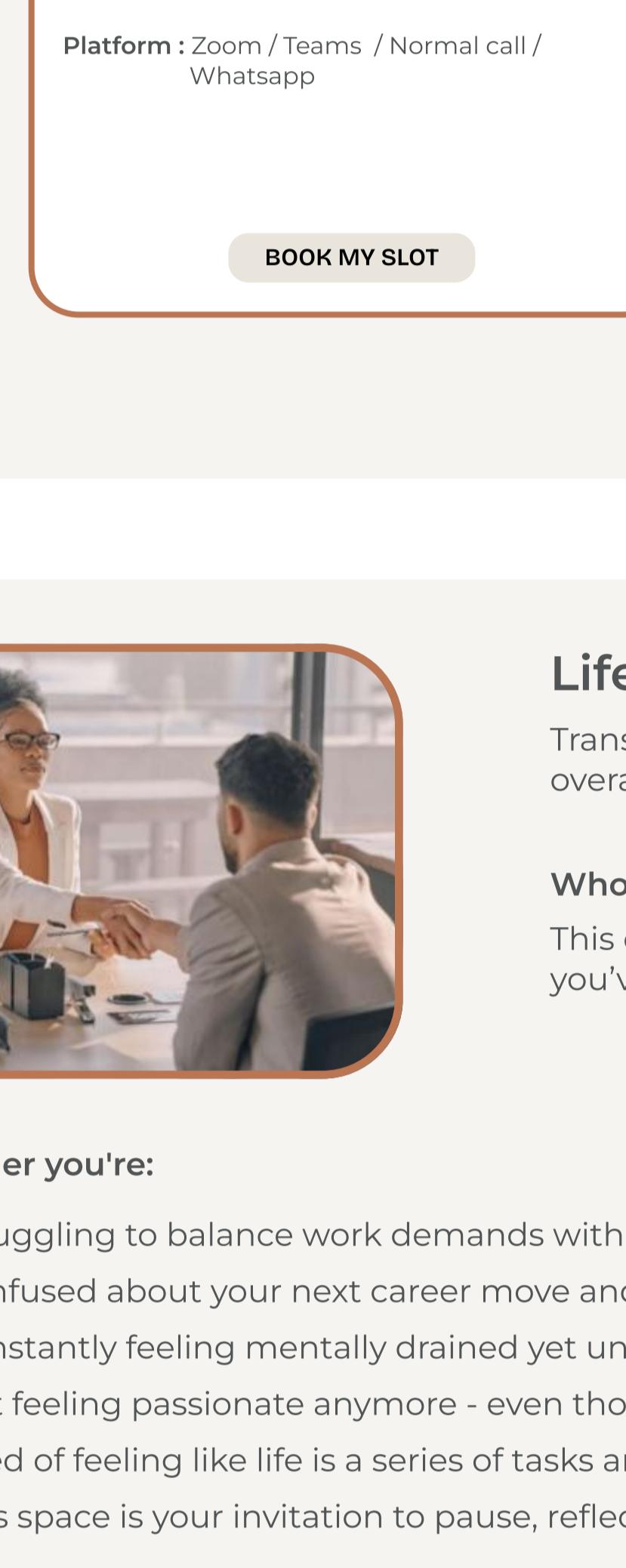
1. Clarity

2. Confidence

3. Emotional resilience

4. Inner alignment

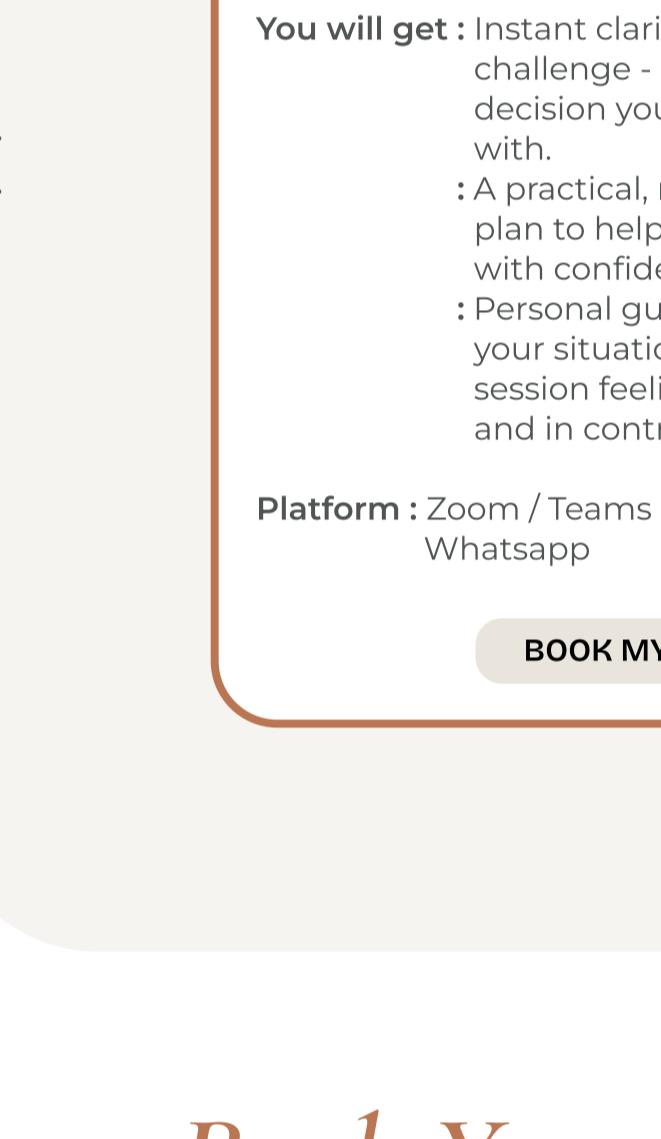
Choose Your Package:



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Women's Career Coaching

Empowering women to break barriers, build confidence, and achieve growth while maintaining a fulfilling work-life balance.

Who It's For:

This coaching is for women who have the drive to grow but feel something is holding them back. If you're working hard, home, and everything in between - yet still feel unseen, unheard, or undervalued at work - you're not alone. Perhaps you're pushing through emotional burnout, doubting your decisions, or simply wishing someone understood your journey without judgment.

Whether you're:

- ✓ Returning from a career break and unsure of where you fit in
- ✓ Struggling with self-confidence or imposter syndrome in leadership roles
- ✓ Trying to maintain a sense of identity beyond your job title and life roles
- ✓ Feeling like you're always giving, but rarely growing
- ✓ Wishing to speak up more with confidence - and be taken seriously when you do
- ✓ This coaching is designed to help you reclaim your voice, redesign your path, and build a career that feels as good on the inside as it looks on the outside.

What can you expect:

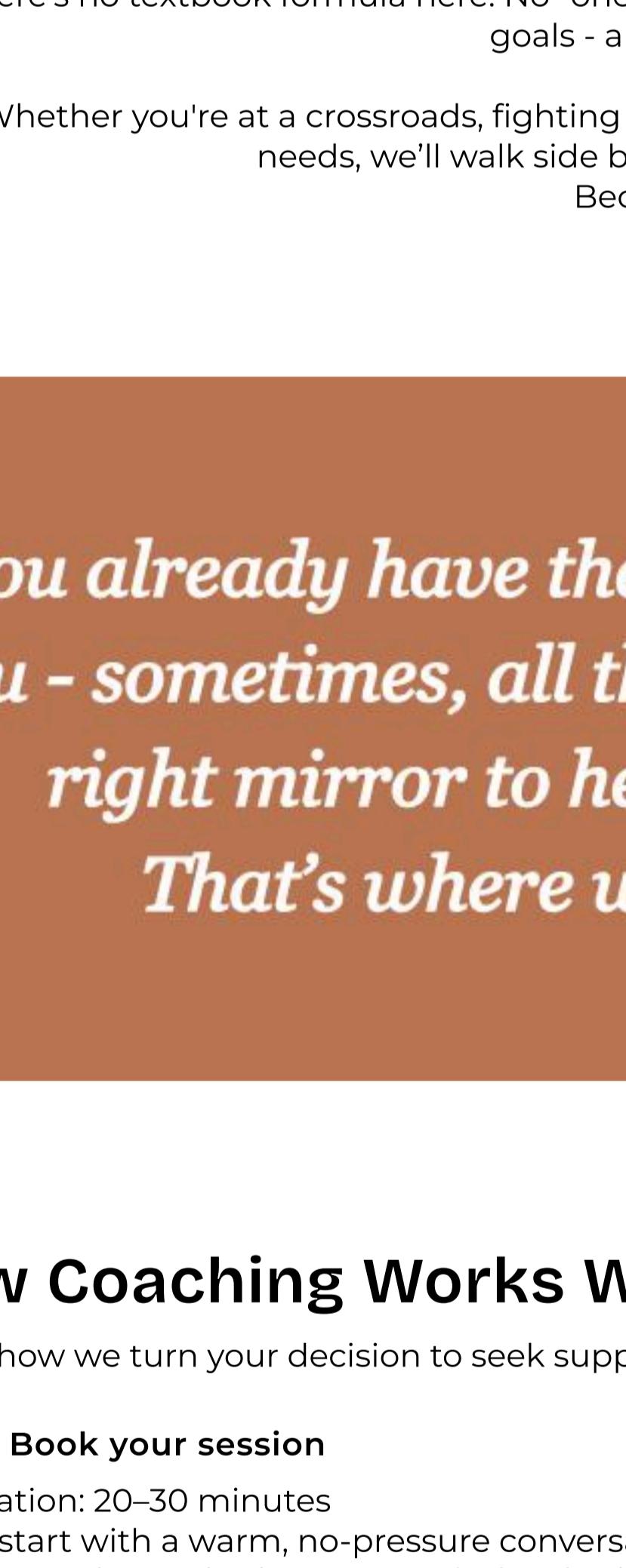
1. Clarity

2. Confidence

3. Purpose in their careers

4. Growth

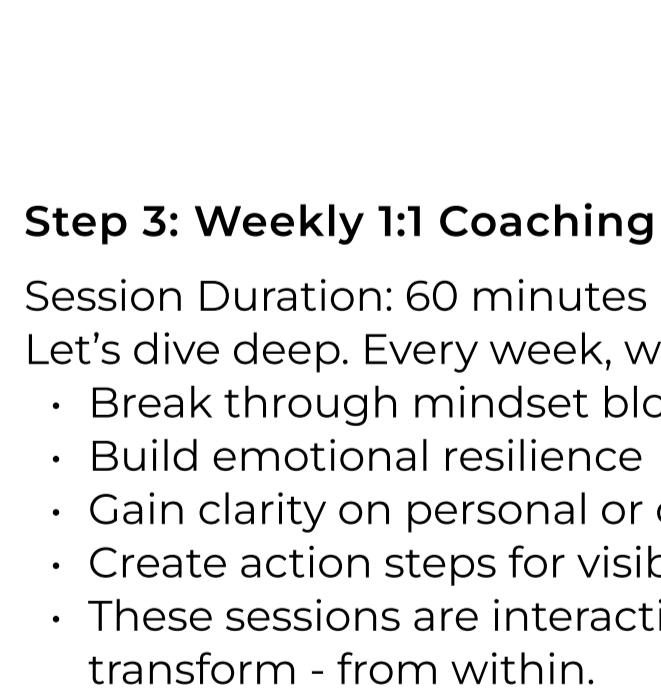
Choose Your Package:



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Life Coaching for Working Professionals

Transforming workplace challenges into opportunities by helping professionals boost clarity, productivity, and overall career satisfaction.

Who It's For:

This coaching is built for working professionals who want more from life but feel exhausted by the daily grind. If you've ever woken up and wondered, "Am I really living my potential?" - this is for you.

Whether you're:

- ✓ Struggling to balance work demands with personal well-being
- ✓ Confused about your next career move and tired of second-guessing yourself
- ✓ Constantly feeling mentally drained yet unable to slow down
- ✓ Not feeling passionate anymore - even though you're working harder than ever
- ✓ Tired of feeling like life is a series of tasks and meetings rather than meaningful moments
- ✓ This space is your invitation to pause, reflect, and rebuild a meaningful, balanced life - with clarity, confidence, and purpose.

What can you expect:

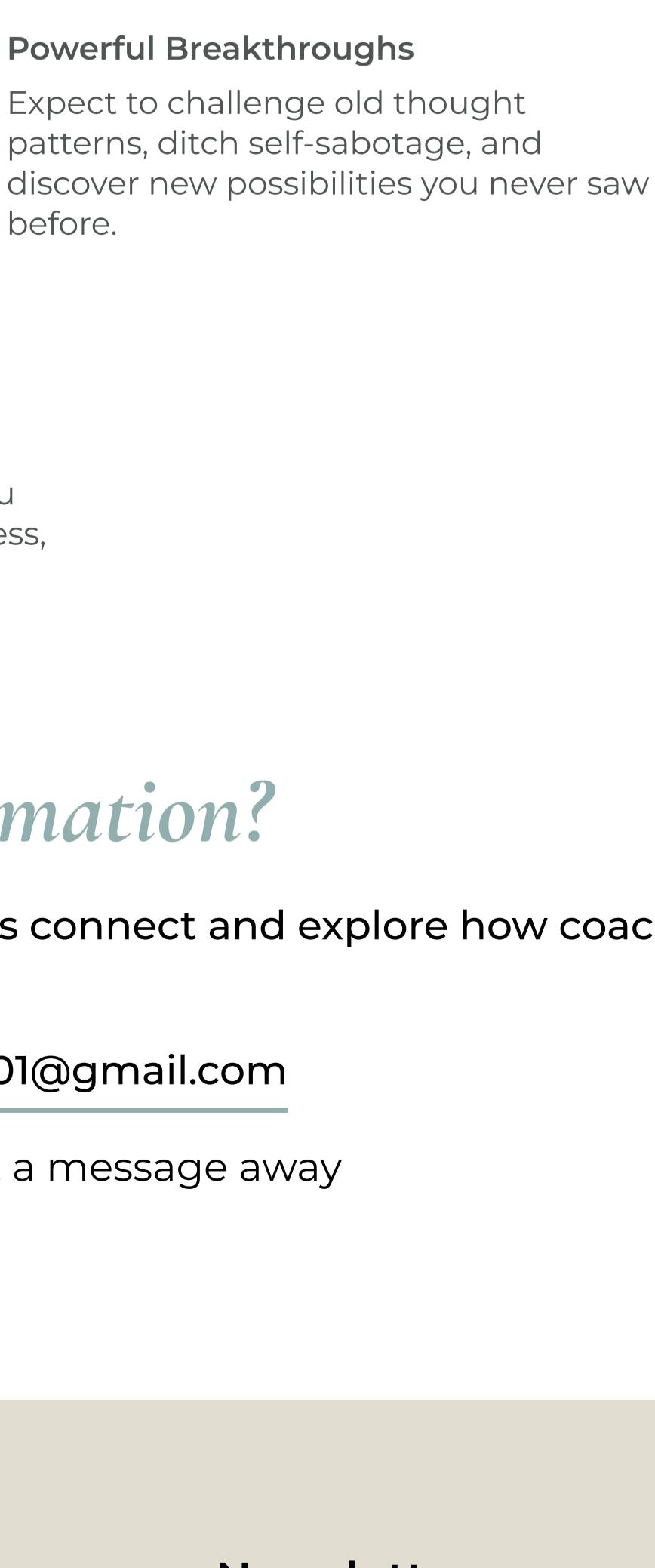
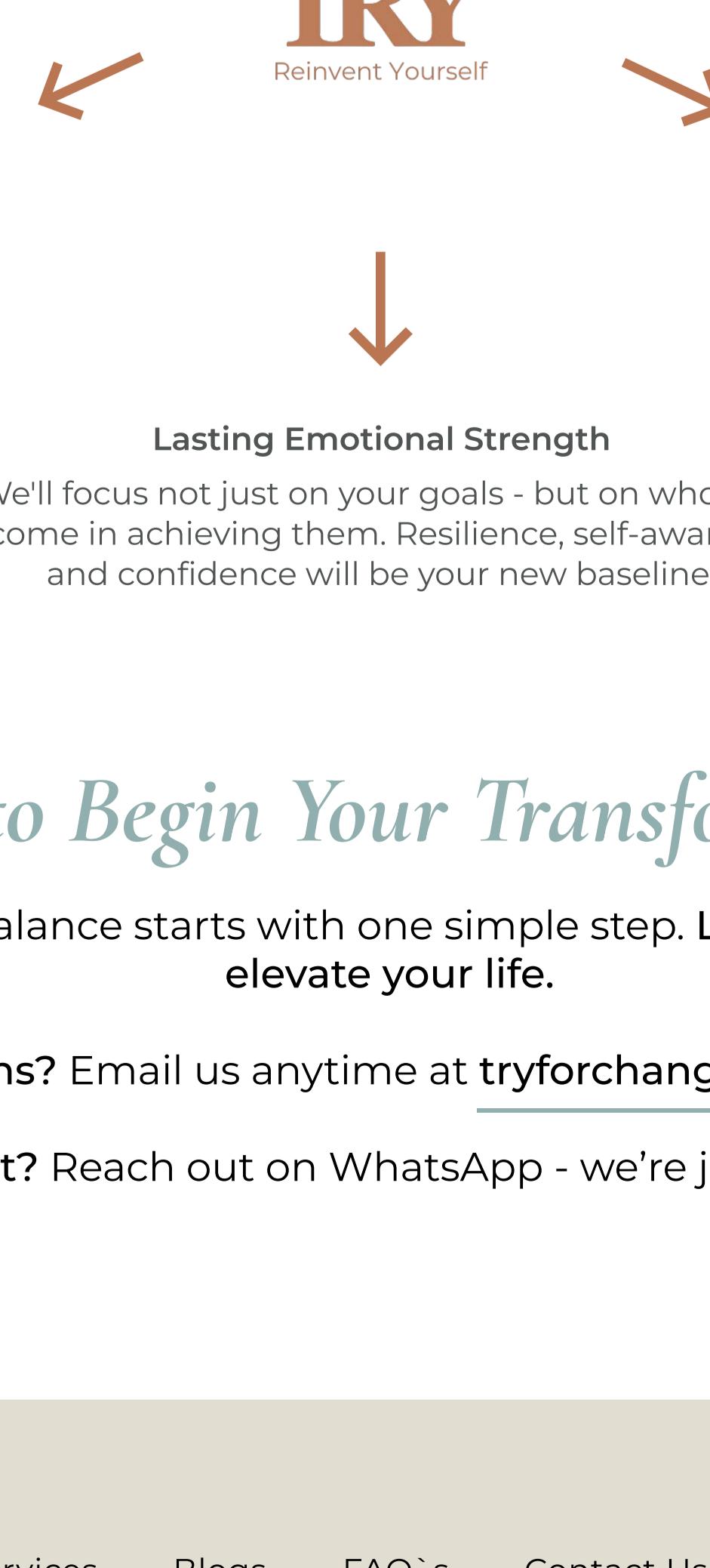
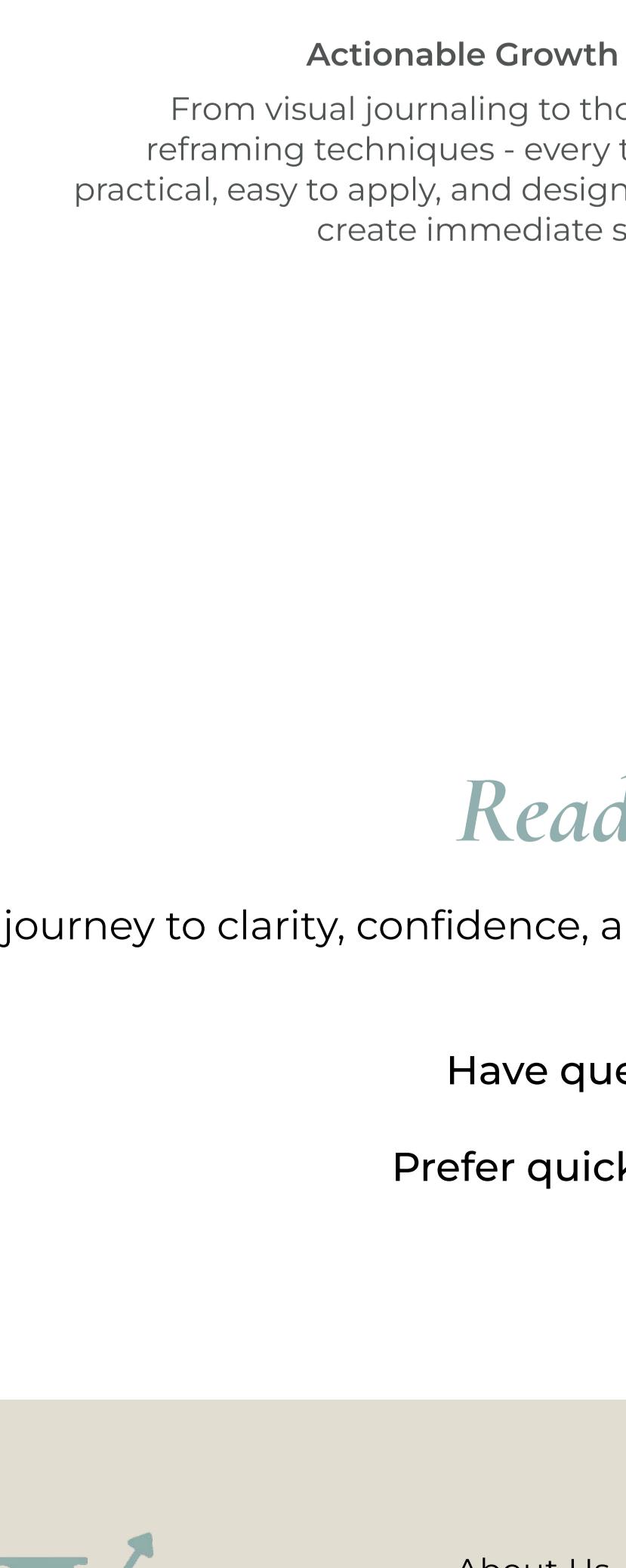
1. Balance

2. Structure

3. Direction

4. Emotional Stability

Choose Your Package:



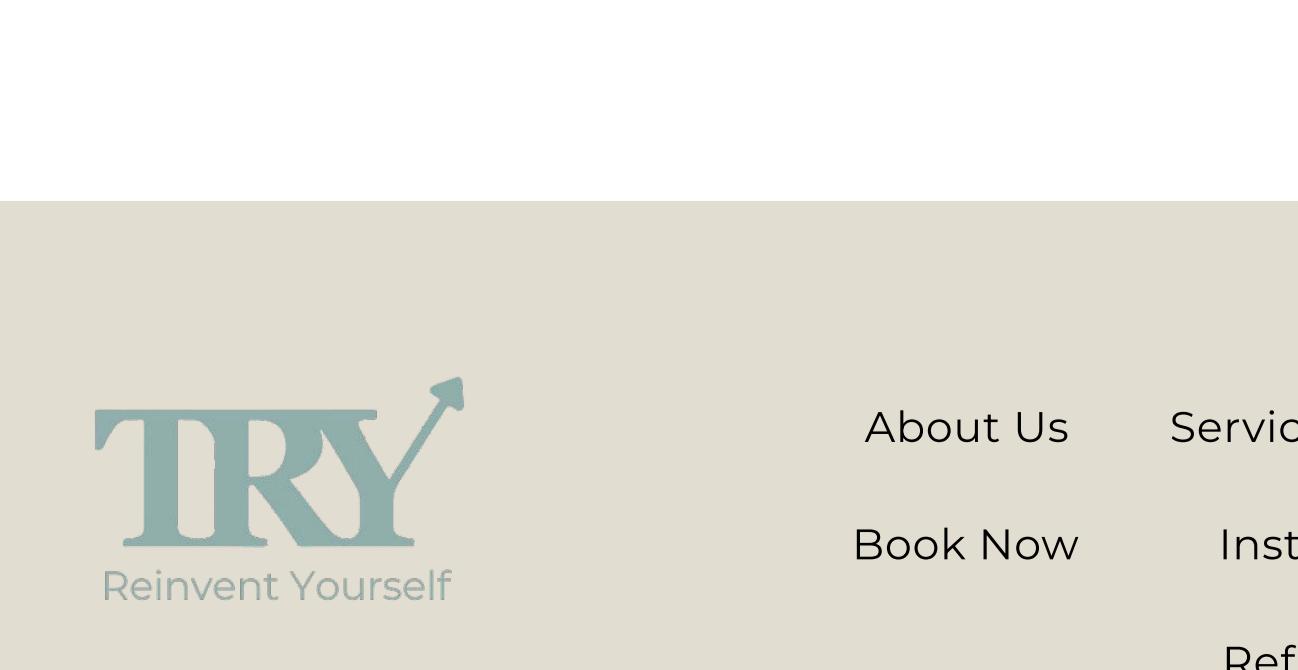
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Book Your session, whenever ready - no pressure, just possibilities

START HERE - Clarity Starter Session!



Not sure which coaching program fits your current needs? Start with a short, powerful, 20-30 minute session designed to give you instant clarity and a mini-roadmap for your next steps.

Price : ₹699 - ₹499

You'll get :

- ✓ A quick diagnosis of what's holding you back
- ✓ Personalized direction on your top priorities
- ✓ Guidance on whether Mindset, Career, or Work-Life Coaching suits you best
- ✓ A taste of the TRY Method™ before committing to a full program

Platform :

Zoom / MS Teams / Google Meet / Normal call / Whatsapp

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What to Expect

Safe & Supportive Space

This is your judgment-free zone. We'll hold space for your growth, fears, ambitions, and transformation every step of the way.

Personalized Attention

Every session is uniquely tailored to you. No generic advice - just coaching that meets you where you are and helps you rise.

Actionable Growth Tools

From journaling to thought reframing techniques - every tool is practical, easy to apply, and designed to create immediate shifts.

Powerful Breakthroughs

Expect to challenge old thought patterns, ditch self-sabotage, and discover new possibilities you never saw before.

Lasting Emotional Strength

We'll focus not just on your goals - but on who you become in achieving them. Resilience, self-awareness, and confidence will be your new baseline.

Ready to Begin Your Transformation?

Your journey to clarity, confidence, and balance starts with one simple step. Let's connect and explore how coaching can elevate your life.

Have questions? Email us anytime at tryforchange101@gmail.com

Prefer quick chat? Reach out on WhatsApp - we're just a message away.

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