

# Reinvent Your Mind, Redefine Your Success

Guided mindset shifts for sustainable  
personal and professional growth.

## Who We Are

At TRY – Time to Reinvent Yourself, we are more than a life and mindset coaching program - we are a transformative movement dedicated to helping women and working professionals break free from the emotional burdens that hold them back. We believe true success isn't defined only by career achievements, but by living a life that feels balanced, fulfilling, and deeply aligned with your personal values.

Our mission is to empower you to overcome fears, limiting beliefs, and stress through personalized coaching and proven mindset techniques. With deep emotional understanding and practical tools, we help you build confidence, strengthen self-awareness, and turn challenges into opportunities for growth.

Led by an experienced life and mindset coach, TRY combines emotional intelligence with strategic coaching to help you unlock your true potential. Here, we don't just guide you — we walk with you, creating a transformative journey where you rise stronger, clearer, and more empowered every single day.

At TRY, we don't just coach; we co-create a journey of transformation. Helping you become the most confident, creative, and fulfilled version of yourself.

ABOUT US >>



Your Coach  
**POONAM PRASHAR**

### MISSION:

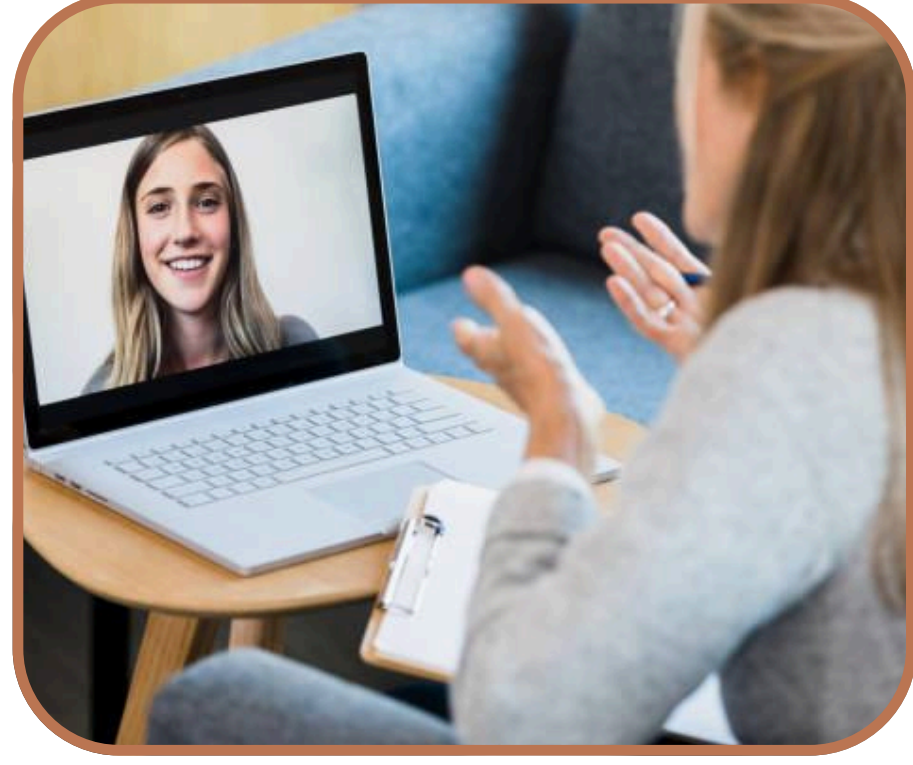
To empower women and working professionals to overcome emotional barriers, unlock their true potential, and achieve a harmonious balance between confidence, performance, and personal fulfillment.

### VISION:

To create a world where individuals thrive with clarity, purpose, and peace of mind—achieving success that is both meaningful and sustainable.

## What We Offer

From one-on-one session to transformative life coaching, TRY provides a safe guidance for a self-discovery and healing. It's more than support - it's a journey towards a more grounded and fulfilled 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.



### Women's Career Coaching

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



### Life Coaching for Working Professionals

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



MORE INFORMATION >>

## Why Choose Us?

Empowering your journey with care, clarity, and connection

### Tailored Plans For Real Progress

Each coaching journey is designed to deliver measurable improvements in focus, performance, and work-life balance.

### Personalized Coaching For Your Journey

Every individual's challenges are unique - our approach adapts to your personal and professional goals.

### Unlock Higher Confidence And Clarity

We help you replace limiting habits with actionable strategies that boost your self-belief and sharpen your decision-making.



### Proven Methodologies For Real-Life Impact

Our techniques have helped countless professionals reduce stress, boost focus, and elevate their workplace achievements sustainably.

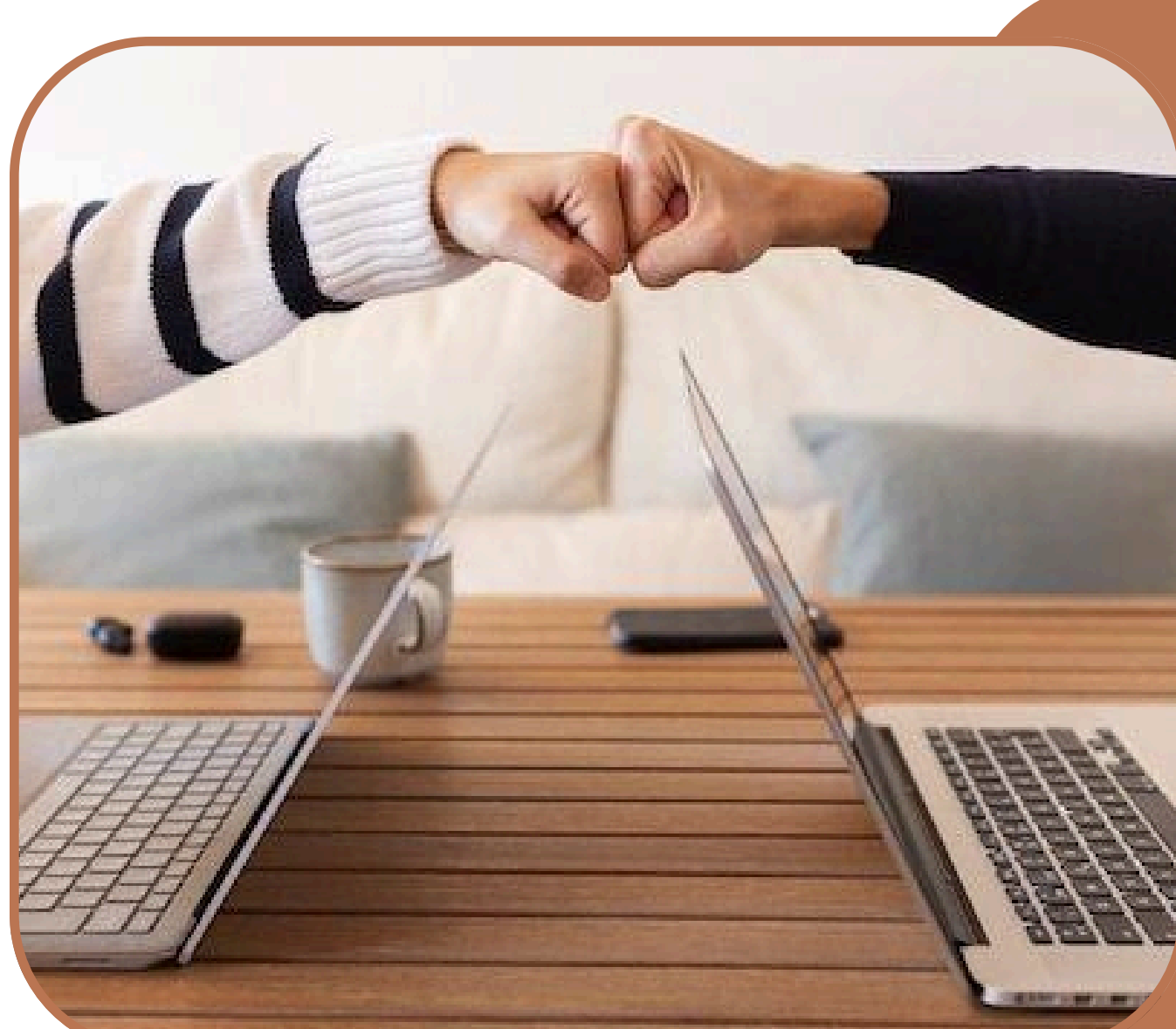
### From Stress To Sustainable Success

Clients often report reduced stress levels, improved productivity, and greater recognition at work within weeks.

### A Partner In Your Transformation

Guidance rooted in empathy, proven methods, and ongoing support for long-term personal and professional growth.

## 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

**BOOK MY SLOT NOW!**

## Insights For Your Soul

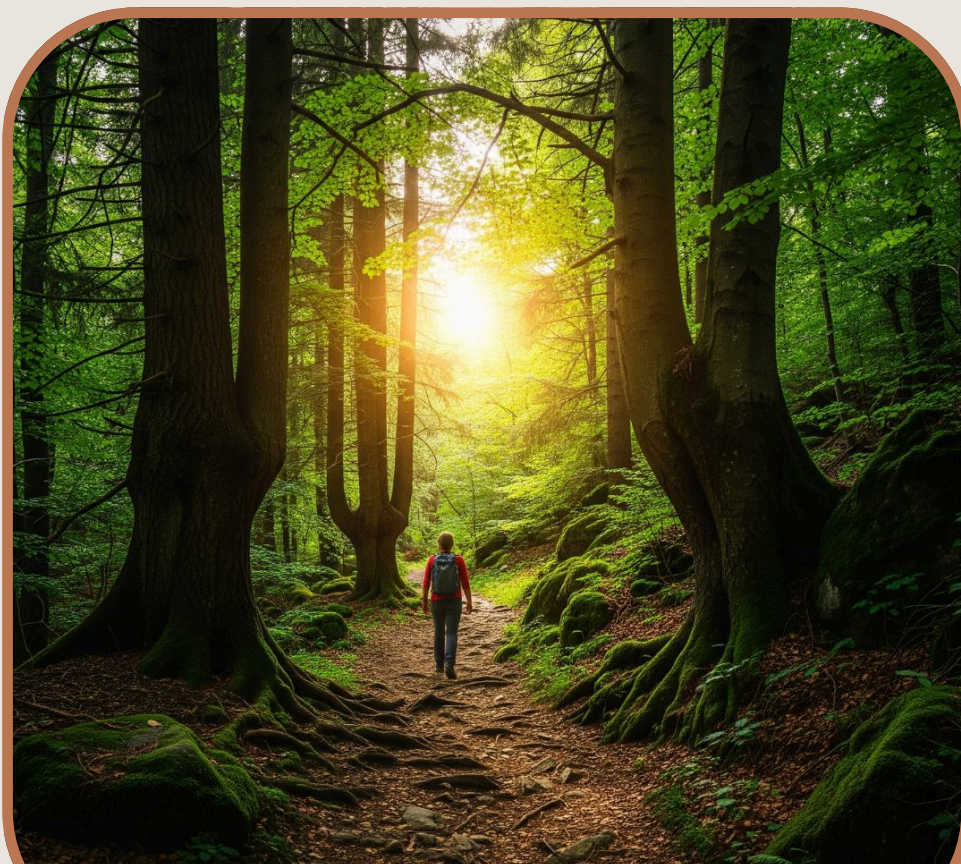
Thoughtful reads for your mind, heart, and everyday wellbeing.



### Your Journey To A New You

Timeless Wisdom For Everyday Life - A Different Way To Lead Yourself

Read More >>



### Transforming Challenges Into Opportunities

When Work Feels Heavy, You Don't Have To Carry It Alone

Read More >>



### From Mindset To Mastery

How Inner Shifts Quietly Shape Confidence, Clarity and The Way We Grow

Read More >>

MORE BLOGS >>

## Frequently Asked Questions

Find answers to common questions about our services, therapy, and mental well-being.

## FAQ'S

### GOT QUESTIONS?

Feel more confident and informed as you take your next step



Who is TRY for?



Is this program suitable if I'm dealing with major life changes (like loss or career transition)?



How is TRY different from traditional counseling or therapy?



How soon can I expect results?



What exactly happens in a coaching session?



Do I need any prior experience with coaching?



What kind of transformations have past clients achieved?



How do I know if this is the right time to start?



### Newsletter

Sign up for gentle insights, wellness tips, and soul-soothing updates - delivered to your inbox.

Enter your email address

SUBMIT