

Reinvent Your Mind, Redefine Your Success

Guided mindset shifts for sustainable personal and professional growth.

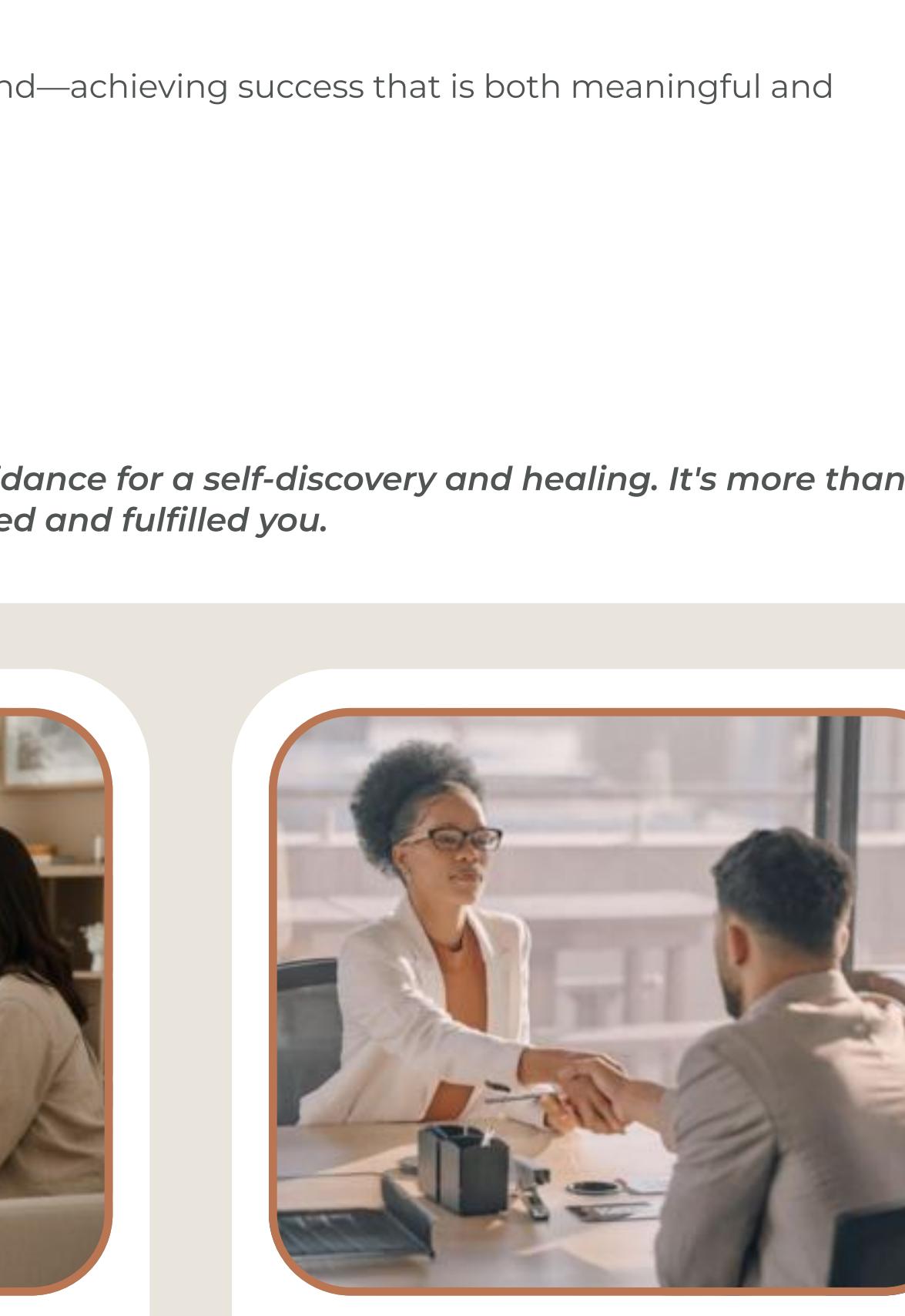
Who We Are

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.



Your Coach
POONAM PRASHAR

[ABOUT US >>](#)

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.

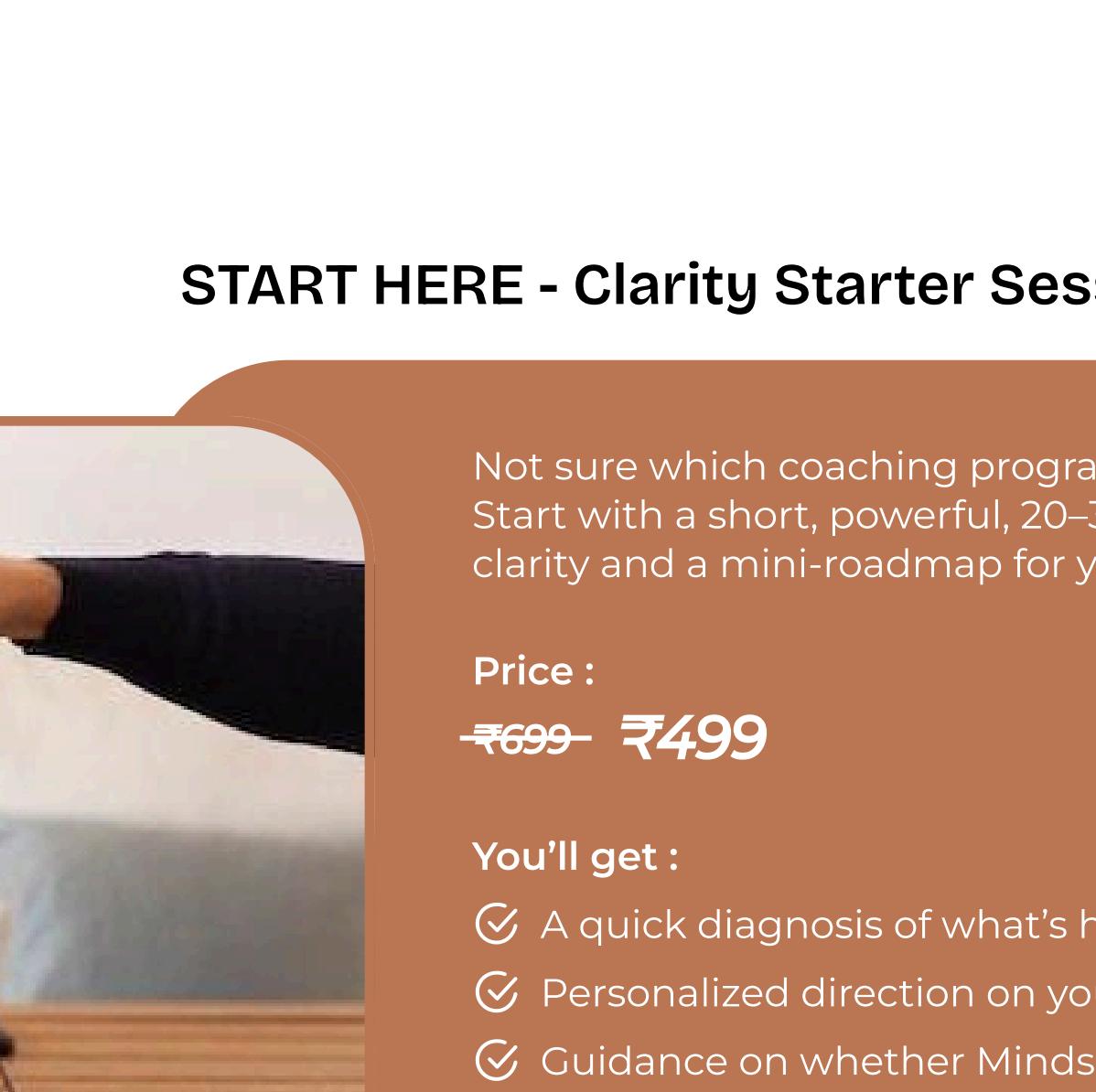
What We Offer

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.



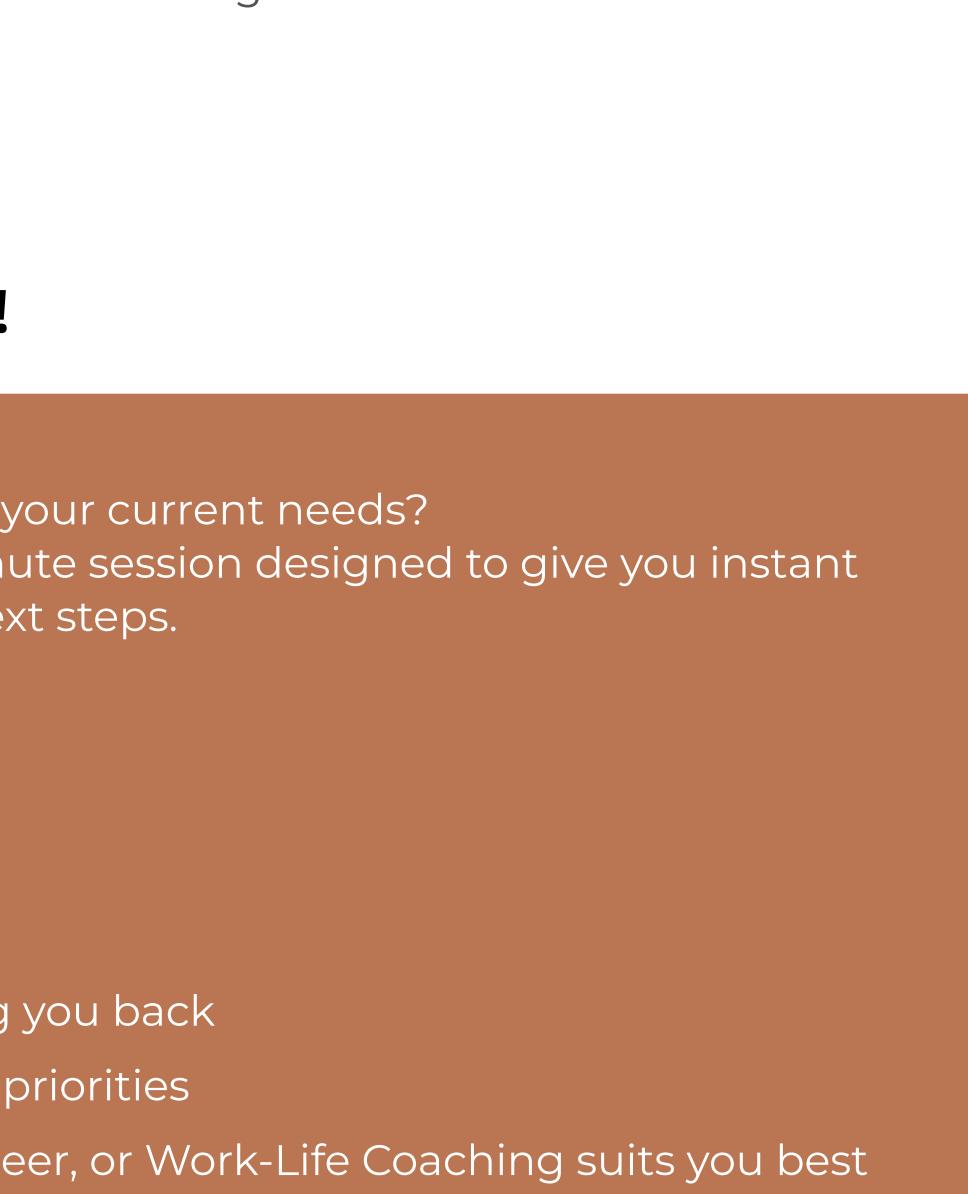
Personalized Mindset Coaching

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.

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.

From Stress To Sustainable Success

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

Proven Methodologies For Real-Life Impact

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

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A Partner In Your Transformation

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

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