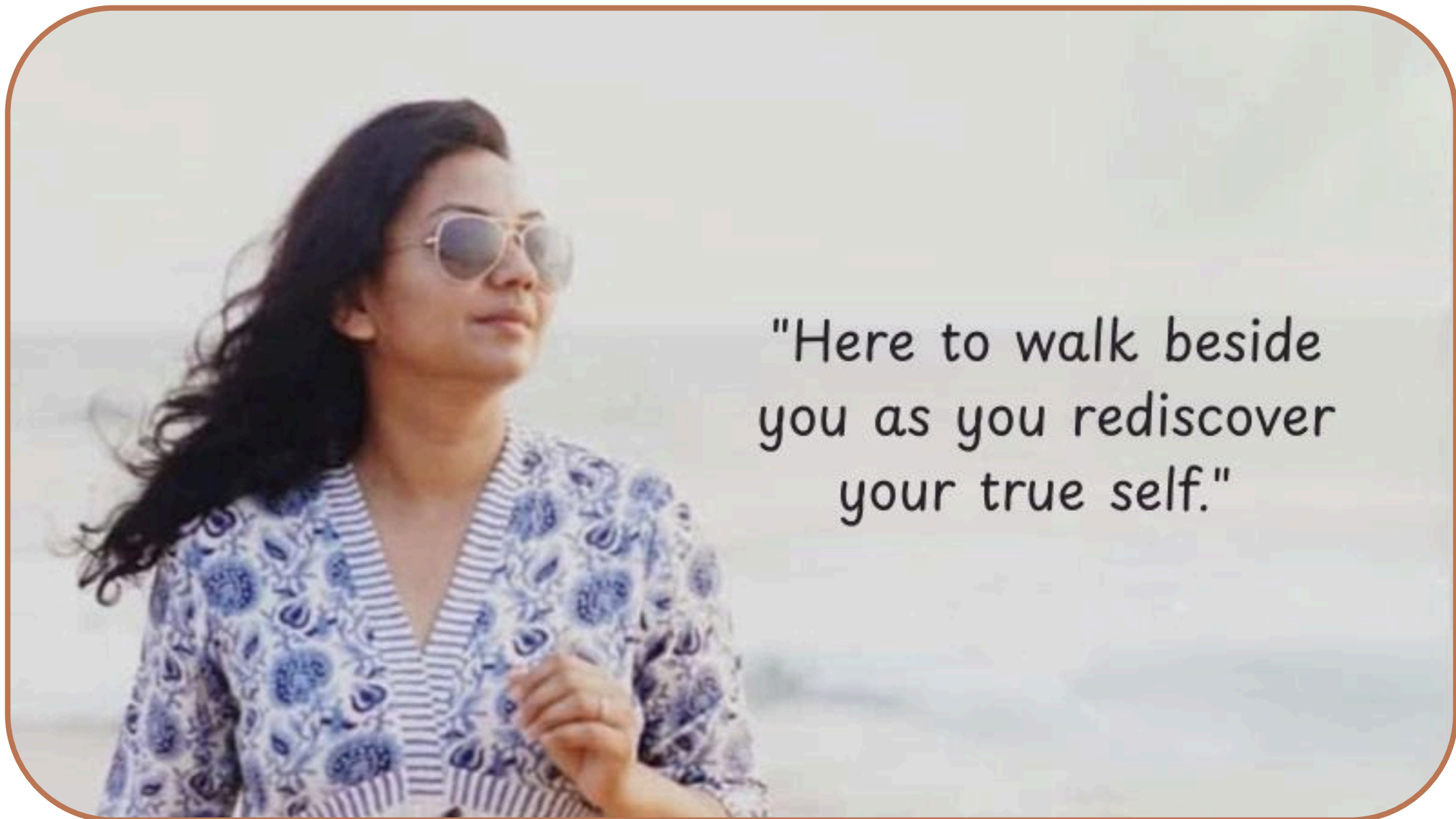


*At TRY (Time to Reinvent Yourself), we see potential where others see obstacles.  
We empower women and professionals to rise above challenges, embrace their strengths, and create a life they're proud of.  
This is more than coaching—it's your turning point toward a future filled with purpose, balance, and success.*

## POONAM PRASHAR



*"Listening to Your Story, Healing Your Past, Elevating Your Future."*

### Meet Your Coach – Poonam Prashar

Poonam Prashar is a transformational Mind Coach specializing in empowering women and working professionals to unlock their true potential. With 15 years of corporate experience, she brings a deep understanding of workplace challenges and personal growth dynamics. Driven by a passion for understanding human behavior, Poonam has dedicated her journey to helping individuals break free from emotional clutter and embrace their authentic selves. She is a Certified Coach in Growth and Success, Continuous Improvement for Managers and Leaders, Coaching Millennials and Gen Z Employees, and The Fundamentals of a Positive Life and Career. Guided by the Kaizen principle of continuous improvement, Poonam leverages powerful techniques to help clients overcome fears, release self-limiting beliefs, and channel their energy towards meaningful success. Her approach focuses on creating lasting emotional empowerment, enabling individuals to achieve clarity, balance, and confidence in both personal and professional spheres.

#### 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.

### My Experience So Far

15+

Years of Coaching and Counselling

50+

Happy Clients with References

Over the years, I've coached over 50+ women and working professionals, helping them overcome emotional burdens, rebuild confidence, and achieve meaningful balance in their careers. Through personalized sessions, 8 in 10 clients reported improved emotional well-being, and 70% experienced measurable growth in workplace performance.

### My Journey To TRY



My journey to creating TRY began with a deeply personal question: **Am I truly living to my fullest potential - or just moving through life on autopilot?**

Years ago, I found myself observing not just the world around me, but my own life - filled with responsibilities, constant pressure, and the silent weight of unspoken emotions. I saw how so many women and working professionals, despite giving their best every day, quietly carry stress, self-doubt, and a longing for something more meaningful. I was one of them.

That's why I created TRY, not as a quick fix, but as a transformational journey. It was born out of my own experiences, challenges, and breakthroughs. TRY is about helping you break free from what's holding you back, whether it's fear, low confidence, lack of clarity, or simply feeling "stuck."

Through this program, I've seen people unlock their creativity, rediscover their confidence, and step into roles and lives they once thought were out of reach. Imagine a life where your work is recognized, your energy is invested wisely, and you have the time and emotional balance to do the things you love - without constantly feeling torn or exhausted.

The truth is, the world is competitive and often unforgiving. Without the right mentorship or guidance, it's easy to get lost in the noise and lose sight of who you truly are. TRY is here to change that - one mindset, one life at a time.

*Every small step today is a gift to your future self!*

#### Newsletter

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

Enter your email address

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