

THUS FAR • NOV 2019 - NOV 2020

LET ME LISTEN

EMPOWERING PEOPLE TO GROW INTO THEIR BEST!



The Why

COMING INTO BEING

What & How

THE JOURNEY SO FAR

What Next?

IT'S ACTION TIME!

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LET ME LISTEN

FROM THE FOUNDER'S DESK

I AM LISTENING...

By BHAVANA BP



My Nook

We always have a choice.

A choice to become our best. This best version is reached through personal development or self improvement. And I opine, we become our best only when we work on all three - Mind, Body & Soul - To be in sync. This calls for tremendous inner work. While it may be true in a certain few cases where one can travel through the Mind-Body-Soul path all by themselves, it may not be the case with most. It is said, oftentimes when we lose our own spark, we need someone who has traveled through that journey, to kindle the spark in us. This is where a coach comes into picture.

I empower you to become your best version - Mind, Body & Soul. Honestly, it has been an arduous journey for me and I consider it my purpose to help you travel yours in reaching your best, in the most efficient manner.

I know you've heard the phrase 'Change starts with you' way too many times. And yet when life shows up with adversities, all we can do is change. Change to surf the waves. Remember, you are bold, beautiful, capable, strong, brave and magical; to say the least. You are **YOU!**

Come, let us work together. I am here to guide you in breaking the shackles that are holding you from being your best and allow your soul to spread the light & warmth from within.

Life Happens.
Uncertainty is the only certain thing!

Let Me Listen has had a humble beginning with an investment of less than INR 50000 which includes my own personal development and upskilling apart from setting up business.

Let Me Listen has been achieving milestones the past year.

I have always been a continuous learner and being a solopreneur has given me a bigger opportunity in that area to UNLEARN-LEARN-RELEARN

I believe purpose & passions are the driving force behind people. Mine are to grow by helping each other grow. We either learn from our own experiences or others'. I could help you travel yours through the learning I have gathered by having walked your path earlier.

We are never truly sorted.
Life happens! And we sort things as they come by.

2

LET ME LISTEN

CONTENT PODCAST, YOUTUBE, WEBINAR,

Let Me Listen has come far where I had to learn to face my fear, inner monsters & obstacles along the way.

By overcoming them one by one and having faith in the greater good, Let Me Listen launched Podcast & YouTube channels which have over 50 talks ranging from entrepreneurship, book writing, personal development to spirituality & more.

Let Me Listen has conducted 3 Webinars until now.

Bhavana has also had nearly 30 trending posts on LinkedIn within 10 months & is seen as a thought leader.

PUBLICATION BOOK, CONTRIBUTOR

I consider book writing a spiritual journey. It is possible only with the grace and guidance of the Universe.

I could write & publish my Memoir - 'A Daughter's First Love: Dad' within 69 days and I consider it a blessing.

I have been privileged to contribute my writing to Humans First book which will be published early next year.

I have been fortunate to guide people in them publishing 4 books.

I am also a featured contributor to 3 other online magazines apart from my own blog sites.

COMMUNITY TRIBE, INTERVIEW, LEADERSHIP, AWARD

It is true that your vibe attracts your tribe!

I am grateful to be a part of a growing community of Global like-minded, like-hearted individuals who are changing the face of Leadership by putting people first with their intentions and actions.

HumansFirst Club is a global group of leaders, influencers & collaborators sharing a mission to inspire positive change, fueling growth, maturity & sustainability.

MissionTogetherness is a global group of leaders having a growth mindset with an ambition to influence a larger community.

“I believe we are all connected and together we grow.”

BHAVANA BP

WHERE DID THE IDEA OF LET ME LISTEN COME FROM?

Ever since I was a kid, people would come to me for help and I would do all I could. After deep soul searching I learnt the innate need for people to be heard and thereby understood my purpose was to help others grow. That's how LetMeListen came into being.

WASN'T IT RISKY & FEARFUL?

That way, everything is scary. Life is but unpredictable. But of what use is a fighter jet if it doesn't take to the skies? Our mind plays games and yet our heart knows what needs to be done. Strategize, decide, execute and go with the flow is what I'd suggest.

WHAT WENT IN THE MAKING- FINANCIAL, SOFT SKILLS & THE LIKE?

I'd say, the first investment is the intention & understand why, who & how do you want to help. Then comes personal development & inner work. Once you have these ready it is only a matter of time to decide the finances & other resources or infrastructure. They follow.

WHAT ARE THE IDEAS THAT CAN BE CONVERTED INTO SUCH A VENTURE?

Each person has a different idea for entrepreneurship. The first thing that we need to look at is what the society really needs? How can an entrepreneur help people at large? Ideas & actions follow that.

WHAT SHOULD BE THE THOUGHT PROCESS OF AN ENTREPRENEUR?

That of optimism & resilience, to say the least. Other things that come into picture are fluid thinking, looking at the bigger picture & going with the flow.



PURPOSE

THE COMING INTO BEING

I'M SURE THERE WILL BE A POINT IN TIME IN EVERYBODY'S LIFE WHEN THE QUESTION OF PURPOSE OF LIFE COMES UP: I HAVE BEEN THROUGH THAT PHASE AND I CAN TELL YOU THAT THIS QUESTION GOES DEEP – IT RATTLES THE MIND AND SHAKES THE VERY SOUL. I BELIEVE I HAVE FIGURED OUT MINE.

SO HERE'S MY STORY; FOR YEARS I WAS SEARCHING. SEARCHING EVERYWHERE, IN EVERYONE, IN EVERYTHING. FOR WHAT? I WASN'T TOO SURE. I FELT INCOMPLETE; A SENSE OF LACUNA. OF WHAT? I HAD NOT MUCH IDEA. BUT SOMEHOW THE FEELING OF COMPLETENESS WAS AMISS. I WASN'T SATISFIED WITH MANY OF MY ACCOMPLISHMENTS IN LIFE. HOWEVER, THE UNIVERSE HAD A BETTER PLAN FOR ME. ALL I NEEDED TO DO WAS TO SIMPLY TRUST IT, FULLY..

A couple of years and many a debacle later, I had no choice but to believe in myself and trust the Universe to show me my path. Months of deep soul searching later, I found my true calling – to help people grow.

People, known and strangers alike have always come to me for help; whatever maybe the kind of help sought. I have always stood by them, helped them out to the extent possible & sometimes even beyond. In turn, I've always felt happy and satisfied. I understood that this perhaps is my inner strength – My purpose – To help people grow into their best!

I have learnt many things through the process – different perspectives, values, beliefs and in general of how people react to situations. By this, I began to understand who I truly am! It was as profound as the line from the movie, The Lion King, "Simba, Remember who you are!". I understood further more that I am just like my dad – he would go out of his way to help people. A chip of the old block that I am, I now learnt I too have it in me! Slowly many opportunities, choices, like minded network etc. started showing up for me. It felt as though the time was just right. Right for me to take up my calling as a plan of action to empower as many people as possible to grow into their best. The underlying belief being – We are all connected and shall grow together.

I'm happy to help!

- Love,

Bhavana



VISION & MISSION

What it takes to be a great leader or an organization, you may ask. Here's something I found interesting - 'Becoming a leader is synonymous with becoming yourself. It is precisely that simple and it is also that difficult! When we ponder on what it takes to guide a group of people to grow great heights, together; we unravel a lot about ourselves - hurdles, barriers, gaps and lack of knowledge within us. In order to be a good leader, we must overcome these constraints. And how do we do that? We all understand that a good leader not only needs to develop traits such as communication skills, empathy, positivity and timeliness; but also a vision for growth. Isn't it? Culture of an organization takes its Vision further to its audience and employees.

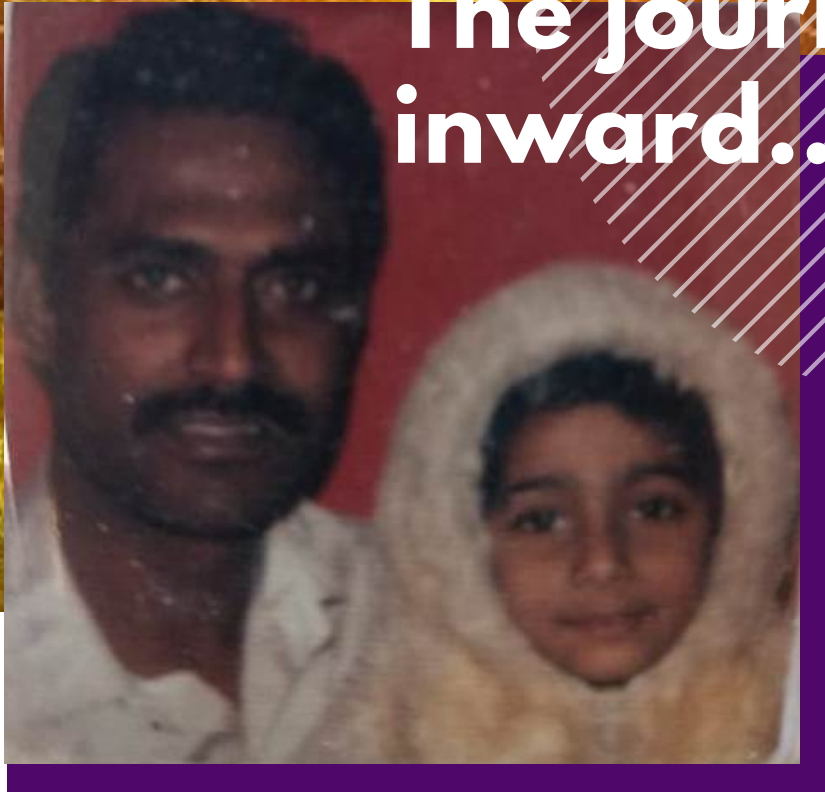
Let Me Listen has a purpose too. A purpose that revolves around three Is- **INSPIRE**: All those who wish to take action towards the greater good. **INFLUENCE**: All those who wish to see the light & warmth within themselves. **IMPACT**: All those who'd like to undergo transformation to become their best. The three Is of Let Me Listen helps it empower like minded, like hearted people across the Globe to come together and create the best versions of themselves.

What it takes to be a great leader or an organization, you may ask. Here's something I found interesting - 'Outstanding people have one thing in common: An absolute sense of Mission'. When we ponder on what it takes to guide a group of people to grow great heights, together; we unravel a lot about ourselves - hurdles, barriers, gaps and lack of knowledge within us. In order to be a good leader, we must overcome these constraints. And how do we do that? We all understand that a good leader not only needs to develop traits such as communication skills, empathy, positivity and timeliness; but also a mission for growth. Isn't it? Let Me Listen has a unique bundle of products & services that create a deep connection between one's Mind-Body-Soul. The ethics it operates from are one of Trust and Cordiality. Let Me Listen values Trust as the foremost value and believes in itself & the Universe beyond everything else.

What do we do? Let Me Listen empowers people to grow into their best. How do we do it differently than others? A wide range of packages to choose from for a holistic living. Who do we do it for? All those who wish to become their best. What value do we provide our audience? One of belief! In themselves and others/everything else. All this with a pinch of humour. What's life without fun and celebration, isn't it? Let Me Listen has a purpose & mission too. A purpose that revolves around three Cs- **CONNECT**: With all those who vibe at the frequency of the greater good. **COLLABORATE**: With all those who wish to see the light & warmth within themselves and spread it to others as well. **CREATE**: With all those who'd like to learn, nurture and grow. The three Cs of Let Me Listen helps it empower like minded, like hearted people across the Globe to come together and create the best versions of themselves.



The journey inward...



THE TRANSFORMATION

WE ARE NEVER REALLY SORTED IN OUR LIVES. LIFE HAPPENS! AND WE SORT THINGS OUT AS THEY COME BY. ISN'T IT?

Like everyone else, I have had my share of ups and downs and have overcome several hurdles in my life. These events shattered me and at the same time brought tremendous growth. Above all it taught me who I truly am and that no matter what...to never stop loving and to be grateful for all that I have.

With ample experience in various domains and at different capacities in the corporate world, I can get to the depths of understanding what people really want in this seemingly complicated life. This is why I empower my clients to live a holistic life by integrating their Mind, Body, and Soul.

For an ideal life - our Mind, Body, and Soul must be in sync - like one unit. It's essential that we take care of and understand all three for the right balance.

PAUSE. REFLECT. LEARN. GROW

Go with the flow.

Take things as they come by.

A holistic approach encompasses a positive mindset, sustainable lifestyle, and a healthy 'being' with a spiritual lean.

It's during our low periods when we fight our toughest battles. We are all warriors in our own way. The lean times come with their own set of lessons.

It takes a keen eye and positive mindset in order to change. The problem is we can start to drown in the pressures of life. Pain, grief, and a dip in confidence that isn't expressed with someone who has been there, keeps us feeling stuck. We begin to think this is who we are, and there is nothing further than the truth.



TRANSFORMATIONS LEAD TO EMPOWERMENT

Who Do I Help **GROW?**

I've been on a spiritual path most of my life. It all started when my dad initiated me into it as a kid. I've spent a lot of my life discussing ordinary, extraordinary & the mystical; while also experiencing profound happenings. This has led me to believe in myself, the workings of the Universe & tread on the path to understand the Absolute Truth. My dad has had a deep impact on me and shaped me the way I am. If I am on this path of empowering people to be their best, it is because of the legacy and genes he'd passed on to me and I believe it is a continuation of a collective purpose I share with my dad.

My Soul Journey was a series of incidents that happened one after the other. Before I could even recover from one, there was yet another blow to my heart.

The first loss was leaving my job which brought a financial setback and a roadblock to my career, as well as a keen blow to my confidence.

"SOHAM"
(SO 'HAM सो ऽहम्)
**I AM THAT I AM
THE UNIVERSE EXISTS
IN ME, AS MUCH AS I
EXIST IN THE
UNIVERSE.**

I felt that 'all of my effort & time' was for nothing. The second loss was when a deep soul connection drifted away from me at the closure of a friendship. The third loss was at the time of my father's demise.

We were very close. He was my Mufasa, and he called me his little Simba. The Lion King was our movie. After his unexpected and unbearable passing on, I went numb. Jobs and friendships can be replaced, fathers can't. This left an irreplaceable void in me.

These incidents left me in emotional turmoil. I was experiencing intense pain and grief. At times I felt like a borderline lunatic. I was very depressed. I was dealing with sleepless nights, tiresome days, and irritable moods. The thought of how I was eating away at my savings gave me a headache.

And I felt there was no more meaning to life than what I was experiencing.

These events shattered me and at the same time brought tremendous growth. It was like my father was sending me a message: "Remember who you are."

I learned to set healthy boundaries, both personally and professionally.

I began spending more time with my loved ones.

I journaled and began to see the bigger picture and how all things happen for good.

I started to contemplate the positive side and learn from these lessons.

I also learned to forgive and let go.

Above all it taught me who I truly am and that no matter what...to never stop loving and to be grateful for all that I have.

**WE CAN'T CONTROL THE
WORLD. WE CAN CONTROL
HOW WE RESPOND TO IT.**

MIND

A positive mindset does not come easily, especially when you have had several blows to your heart. The ability to keep going and not just want to crawl back in bed comes from a shift in one's mindset. This is what gives us energy and access our power!



BODY

The biggest asset we have is our physical body. There is no wealth without our health. Achieving the ideal weight, staying healthy, and having the right tools in order to de-stress is paramount.

SOUL

What we do when we are in tough situations differentiates us from the rest. Overcoming situations of financial loss, relational upheaval, and personal grief can feel impossible. Finding a way to your own inner peace makes life worth living.



www.letmelisten.in

I truly believe trees are one of the most evolved living beings.

They are not only self-sufficient but help other beings as well – for little/nothing in return. Therefore, my website logo is that of a full grown, fruit bearing tree which helps in whatever way it can.

The falling leaves represent the baggage we carry that we need to let go off in order to move ahead, making space for newer leaves (lessons & experiences) to come by.

As far as the colours are concerned, **orange** is for dynamism, vitality & optimism. **Purple** is for intuition, creativity & higher consciousness.

The combination of the colours signify traveling in the direction of inner peace & growth.

It's Story Time



**Trees are
embodiments of
spirituality.**

-Bhavana BP

LET ME LISTEN

A YEAR IN REVIEW

NOV 2019 - NOV 2020

Let Me Listen has a steady set of growing followers organically from all around the world on various social media platforms.

I have been blessed to be part of global campaigns on **Peace**, **HOPEFEST360** for 2021 which will be out in Dec and other initiatives & campaigns.

Apart from these, I have hosted HumansFirst Asia calls as well which creates a non-judgemental platform for leaders across the world to have an open dialogue on leadership, workplace dynamics and Mind-Body-Soul well-being.

People & communities consider me a thought leader for my contributions towards the betterment of humans globally in areas of spirituality, personal development, inclusion & leadership.

I have grown from having **500+** LinkedIn connections to **2100+** connections organically through my content in a span of 10 months. The steady growth is a testimony to the fact that I am in alignment with my authentic self in living Let Me Listen vision and purpose.

Through Let Me Listen, I have coached and mentored over **30** people on a holistic living which empowered them to grow into their best!

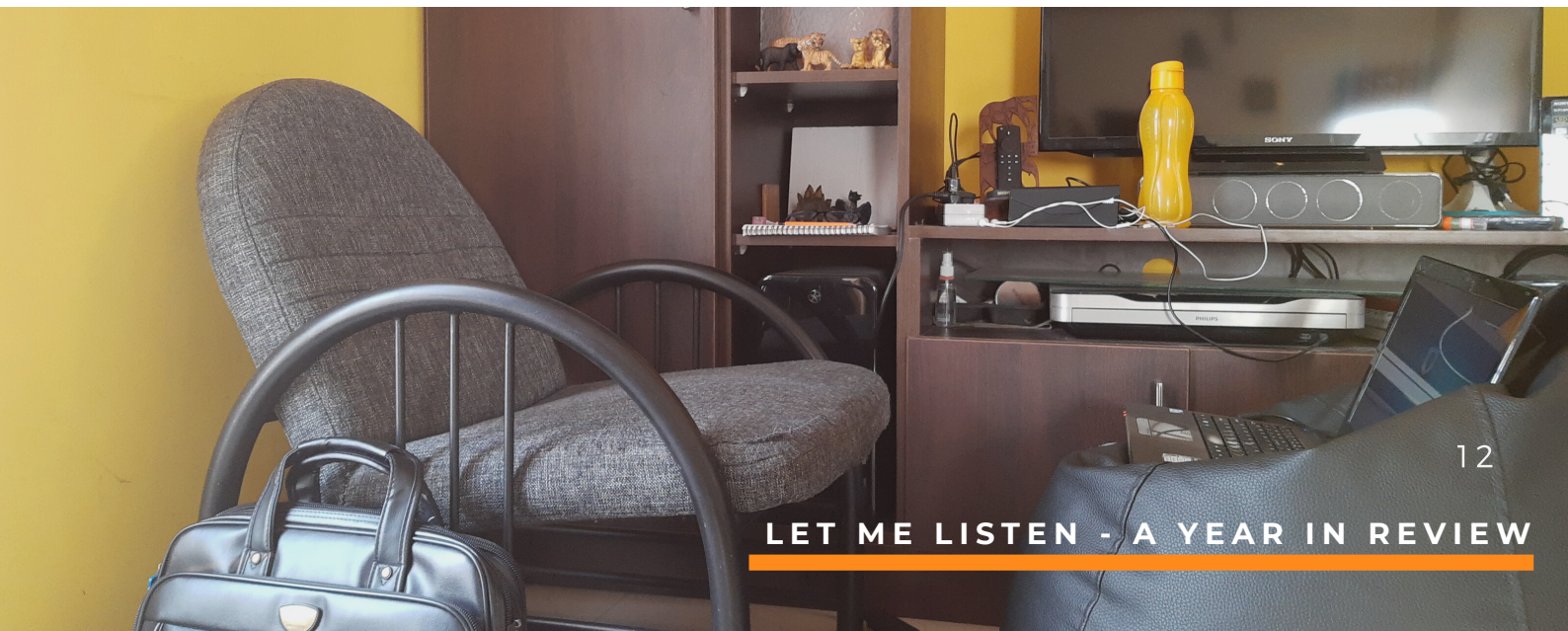
As a continuous learner, I believe in doing the toughest thing we humans know - inner work. This leads to self improvement on all three - Mind, Body & Soul. Imbalance of any of these three leads to an unfulfilled life.

I have been ranked **28** out of 100 top Content writers through a scrupulous process of growth, content topics, content consistency and other social media effectiveness. I have also been ranked **4** in a group of 10 top global influencers on Thinkers360 under the Mental Health category.

The content through Let Me Listen has had **29** trending posts and one with over **2 lakh** views.

I can help you unravel the true 'YOU'; that 'you' who is all capable of achieving whatever you wish to, that 'you' who is clear about goals and path in life, that 'you' who is stress free and in a state of bliss!

BELIEVE IN YOURSELF MORE THAN ANYONE OR ANYTHING ELSE.



LET ME LISTEN

SPOTLIGHT MILESTONES

Let Me Listen has come a long way.

I am grateful for all that has come my way for it has provided me with great learning and allowed me to guide others to grow as well.

Some of the achievements are mentioned here.

28

YouTube - With more than 400 views of 27 videos from over a dozen countries that contain topics from limiting beliefs, passions to entrepreneurship

14

Podcast - With more than 300 views of 26 audios that contain topics from new normal, purpose to digital marketing; available on 7 platforms.

3

Webinar - Interactive webinar sessions on LinkedIn Content Strategy, LinkedIn Profile & WordPress blog site.

3

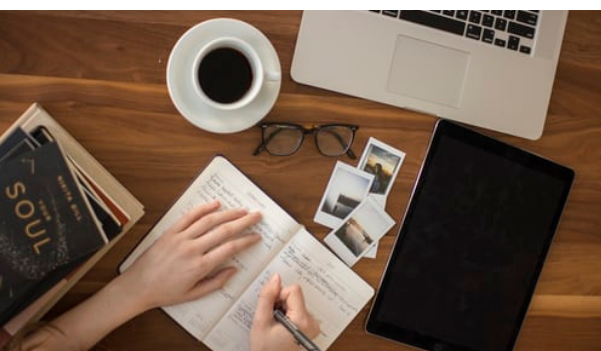
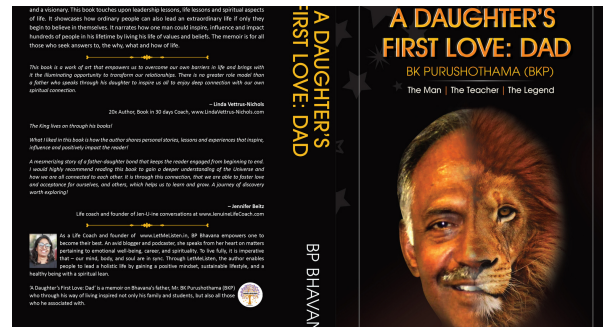
Publications - Featured contributor at Bizcatalyst 360. Regular contributor to Thrive Global, Medium & WordPress Blog sites.

2

Interview - AntWak & Linda Vettrus-Nichols interviewed me on my soul journey & solopreneur journey

1

Memoir - My book, 'A Daughter's First Love: Dad' has made more than 150 sales in 2 months. It is available globally in paperback & ebook formats.



SOLOPRENEUR

The Journey So Far

LITTLE DID I KNOW BACK IN 2018 THAT I'D RUN A BUSINESS OF MY OWN SO SOON. I ALWAYS WANTED TO, RATHER IT WAS A WISH THAT WAS INTERMITTENT AND NOT KNOWING CLEARLY HOW TO VENTURE INTO THE DARK. AND YET, WHEN I HAD NO OTHER CHOICE BUT TO GET OUT OF THAT SYSTEM, I MADE A CHOICE TO CREATE MY OWN PATH.

FROM A WORK LIFE OF DOING AS ASKED AND GETTING PAID ON TIME TO DOING WHAT I LOVE AND LEARNING HOW TO GENERATE INCOME WAS WORLDS APART.

I HAVE CERTAINLY LEARNT A LOT, UNLEARNT WHAT I WAS CONDITIONED INTO BELIEVING & DOING, AND CONTINUE TO LEARN & RELEARN WHAT'S IN ALIGNMENT WITH WHO I TRULY AM.

I MUST ADMIT, THE PATH IS LONG AND DAUNTING AT ALL LEVELS - PHYSICAL, PSYCHOLOGICAL, EMOTIONAL, FINANCIAL AND SPIRITUAL. AND YET IN A LOT OF WAYS, THE MOST REWARDING.

IT CAN GET LONELY, TREACHEROUS, AND DEAD SLOW AT TIMES BUT WHEN YOU TRULY BELIEVE THAT ALL THAT HAPPENS, HAPPENS FOR GOOD AND THAT ONLY THE BEST HAPPEN TO US; IT DOES PROVIDE THE MUCH NEEDED COMFORT, STRENGTH AND COURAGE TO TAKE ON THE NEXT LEG OF LIFE. BEING A SOLOPRENEUR IS NOT ABOUT ALWAYS LIVING LIFE ON MY TERMS.

IT IS ABOUT FINDING THE BEST POSSIBLE WAY OF CONNECTING, COLLABORATING AND CONTRIBUTING TO LIVES SO AS TO ADD VALUE. IT IS BY ADDING VALUE THAT EACH OF US GROW.

AS A SOLOPRENEUR, I GET TO STRATEGIZE, BREAK THAT DOWN INTO SMALLER, DOABLE PLANS, ADD GOALS, EXECUTE THEM, BE FLUID WITH RESPECT TO TIME, EFFORT & DECISIONS, SHOW EXEMPLARY OPTIMISM & RESILIENCE, IDEATE, CREATE, NURTURE AND ALLOW THOUGHTS TO GROW INTO SOMETHING TANGIBLE. ALL WITH A PINCH OF SELF MOTIVATION AND DERIVED INSPIRATION, AT THE END OF THE DAY,

IT FEELS GRATEFUL AND BLESSED FOR ALL THAT I HAVE AND TO BE LIVING MY PURPOSE - INSPIRE, INFLUENCE & IMPACT FOR THE GREATER GOOD.

LET ME LISTEN

15 LESSONS BEING A SOLOPRENEUR TAUGHT ME

SOUL FULFILMENT

BEING INDEPENDANT

REALISE MY SELF WORTH & THEREBY MY VALUE & ESTEEM

GETTING OUT OF COMFORT ZONE

REMEMBER WHO I AM

BECOMING AWARE OF MYSELF, FULLY

LEARNING NEW CONCEPTS & APPLYING THEM TO SCALE UP

FLUID DECISION MAKING

COLLABORATING WITH GLOBAL THOUGHT LEADERS

CREATE & EXECUTE STRATEGIES

ACCEPTANCE & PERSEVERANCE

TRUST, FAITH & LETTING GO

HOW TO GENERATE MONEY!

ASK & IT WILL BE GIVEN

APPLICATION OF MY TRANSFERABLE SKILLS



LET ME LISTEN

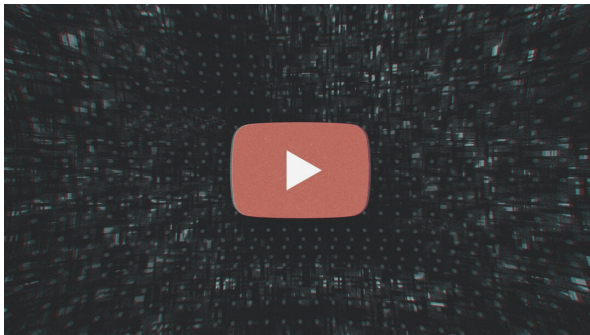
IN THE PIPELINE

NOV 2020 - NOV 2021



1 **PODCASTS**

More Podcasts are on their way! With many more people on topics ranging from strategic studies, indology, spirituality, career, leadership, wellbeing and more.



2 **VIDEOS**

More YouTube videos are on their way! With many more people on topics ranging from relationships, career, entrepreneurship, spirituality, wellness and more.



3 **CONTENT DEVELOPMENT**

Expect more content and engagement with global audience on what could empower you to grow into your best!



4 **COLLABORATION**

Connections and more connections with the right people who are self aware leaders in their mode of work and are here to create an impact on others.



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5 BOOKS

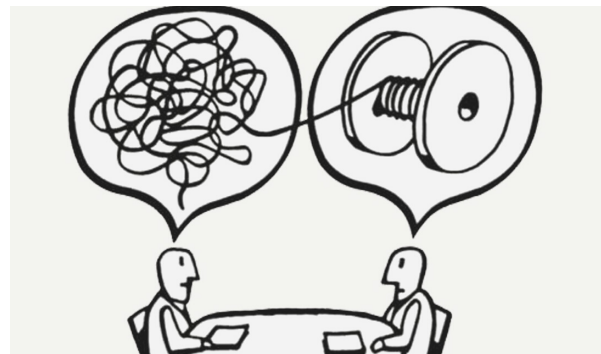
Books and more mores!

2 books are underway and 3 more in the pipeline. Stay tuned to get a download of inspiration through my lessons & learning. As a contributor, I have written for the first vol of HumansFirst book!



6 COACH & CONSULTANT

More empowerment coming your way as I take on more coaching and consulting assignments. Look for coaching services on my website.



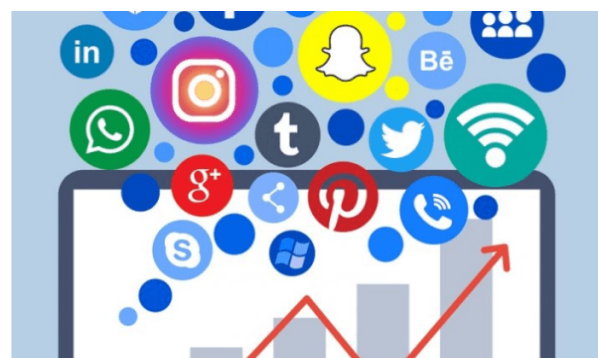
7 WEBINARS & COURSES

The way to learn in a faster, easier & a comfortable way is through online courses and content. That's the future of learning. Look forward to access curated courses & sessions that will be informative & interactive for easy adaptability.



8 Digital Presence

Social Media Marketing has created an excitement in me. I have learnt to use tools, techniques & concepts to get to a larger audience. This will grow steadily.



9 Speaking Engagements

I intend to get my stories and lessons across to a larger audience through public speaking assignments. The next one you can look forward to is for me to speak at the 6th online WORTHY global rally hosted by Andrea Sanchez.



**“ WE CHOOSE
WHETHER WE
WANT TO
OPERATE FROM A
PLACE OF
AWARENESS &
OPENNESS OR A
PLACE OF FEAR &
INSECURITY ”**

BHAVANA

The Inside Scoop

HAPPY CORNER!

*"It's a blessing to see what I
set out to do."*

Hello Bhavana, Firstly, Thank you for your wonderful pair of ears. You have been very patient & have worked very hard in understanding my problems / Issues. I thank you for being such an amazing listener and for all your great lessons / Techniques. I feel so fortunate to have been part of it. You have amazed & inspired me daily and for that I am thankful because you are truly a wonderful person. More than a coach you were a friend, who had a different perception altogether; who made me realize where I was going wrong & helped me correct it during the conversations. Needless to say, you have an amazing sense of humor! Thank you for everything.

- Rangarajan Iyengar

A friend of mine referred me to Bhavana. I am so thankful that I did reach out to her. I needed help from someone like Bhavana to help me with the kind of professional stagnation that I felt I was into. She is great with resume writing as well. The sessions helped me a lot in terms of self belief and motivation. Thanks Bhavna for all the coaching sessions and helping me improve my wellness

- Dhruvajyoti Dasgupta

Someone said, the way IN is the only way OUT. With two kids and mounting responsibilities i was looking for a way OUT from the accompanying stress. And the way IN i found through Bhavana and her techniques. Meditation and pranayama along with the Mudras, when done under right guidance, set a conducive environment for some soul searching. And the bond thus formed has been a continuing source of support. I am more relaxed and more at peace with myself which enables me to prioritize my everyday better. Hoping to take this experience with Bhavana as a launchpad to take-up more opportunities in discovering me.

- Savitha VS

There were times when I was feeling low after switching my job. I figured it was the shift timing & office culture. I discussed my story with Bhavana. She spoke to me so well and helped me figure out what can be done. She picked up each and every situation so brilliantly that you would have never given a thought about it. She helped come out of the vicious circle and I can freely say that I am out of the depression zone. What mattered to me was to be happy at the end of the day; through various sessions, I was able to achieve that. Bhavana has a different way of looking at the goals and helps you achieve it. Be it personal or professional issue, she is the best coach. Thank you Bhavana for guiding me the right way!

- Kavita Marak

It was a great experience working with bhavana. I needed help with my resume for applying for master's course, but to find the correct resume for me from the number of templates and formats was insurmountable. But then bhavana helped me get the resume up to the professional standard without any hassle. Thank you so much for the help, would recommend to anyone.

- Vinay Bharadwaj



LET ME LISTEN

" यद् भावं

तद् भवति "

YAD BHAAVAM

TAD BHAVATI

**WHAT YOU
THINK, YOU
BECOME.**

BEFORE WE SET OUT TO DO ANYTHING, OUR INTENTIONS ARE WHAT MATTER THE MOST.

Those intentions determine our plans and actions.

For an ideal life - our Mind, Body, and Soul must be in sync - like one unit. It's essential that we take care of and understand all three for the right balance. A holistic approach encompasses a positive mindset, sustainable lifestyle, and a healthy 'being' with a spiritual lean.

My intention is to help people create a life that has a lean towards a spiritual path so that they can live in alignment with their true purpose.

When I was starting out on my spiritual path, I longed for resources and support to help me stick with my practices. I did have my profound experiences and learning with me.

Learning to living with my Divine Feminine energies, I could create, nurture & grow while being in a state of flow.

**INSPIRE & INFLUENCE
PEOPLE BY DOING WHAT CAN
CREATE A LONG LASTING
IMPACT ON THEM.**

THE WORLD NEEDS MORE PEOPLE BRINGING OUT THEIR LOVE, LIGHT AND WARMTH AND ALLOW IT TO TRANSCEND TO OTHERS AS WELL.

I CAN HELP FILL IN THE GAPS AND GUIDE YOU WHILE YOU CLARIFY YOUR PATH FROM WHERE WE ARE TO WHERE WE WANT TO BE.

WANT TO KNOW HOW TO GO ABOUT BEING YOUR BEST? I AM HERE TO LISTEN TO YOU, PATIENTLY. ALLOW ME TO HOLD SPACE SO THAT WE CAN WORK TOGETHER TO UNTANGLE THE KNOTS AND RELEASE THE POSITIVE ENERGY THAT TRULY DEFINES WHO YOU ARE!

I EQUIPPED MYSELF WITH THE SKILLS TO MAKE THAT HAPPEN. I AM CERTIFIED AS A LIFE, WELLNESS, LEADERSHIP & EXECUTIVE COACH AND AN NLP PRACTITIONER. ALL THESE WITH SEVERAL OTHER COURSES & CERTIFICATIONS AND A DECADE LONG CORPORATE CAREER. I AM ALSO CURRENTLY PURSUING COACHING CERTIFICATION IN HAPPINESS & WELLBEING.

WE'RE ALREADY THE BEST. WE ONLY NEED TO **'REMEMBER WHO WE ARE!'**

LET ME LISTEN

WHAT NEXT?

ALL OF US FEEL DRIVEN, ACTION MINDED, EXCITED AND MORE ABOUT AN IDEA OR A THOUGHT WHICH WE WISH TO BRING TO SOME SHAPE.

THE SAME WAY, WE ALL HAVE A PENSIVE TIME, ANXIOUS FEELING, A LOW PHASE; SOMETIMES FOR NO APPARENT REASON.

BOTH SCENARIOS ARE DIFFERENT BUT YET ON SOME LEVEL, THE SAME - THE INNATE NEED TO BE HEARD.

OFTEN TIMES, A PATIENT EAR IS ALL THAT IS NEEDED; BE IT TO EXCHANGE IDEAS OR VENT OUT FEELINGS.

I AM GRATEFUL TO ALL THOSE WHO HAVE PROVIDED ME WITH THIS COMFORT.

I'D LOVE TO EXTEND THE SAME TO THOSE OF YOU WHO WOULD LIKE TO SHARE YOUR STORIES, IDEAS, THOUGHTS OR FEELINGS.

HAVE SOMETHING TO SHARE?

& I shall

BHAVANA
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TALK AND I AM HERE TO LISTEN...

AS HUMANS WE HAVE AN INNATE NEED TO BE HEARD.

SOMETIMES, ALL WE NEED IS A PERSON WHO CAN OFFER A NON-JUDGEMENTAL SPACE AND A SAFE ENVIRONMENT TO SHARE THEIR STORIES, IDEAS & EXPERIENCES.

I AM HERE TO HOLD SPACE WHILE YOU SHARE.

HERE'S HOW YOU CAN GET EMPOWERED:

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LET ME LISTEN

Can't wait to share your story?

I am ready to listen. Let us start the journey together.

Look for a suitable time for a conversation



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LET ME LISTEN