



# Mantranaa

## Talk. Heal. Transform.

Where deep discussions leads to real changes







# ABOUT MANTRANAA

**Mantranaa** is a safe, **non-judgmental space** for individuals to discuss their challenges, from parent-teen issues to workplace anxiety. We help you address what's holding you back and guide you towards finding solutions.

At Mantranaa, we believe that **real change starts with deep discussions**. Our personalized coaching is here to offer you not just guidance, but genuine support as you face life's challenges with newfound clarity and balance. Together, we'll create a path to fulfillment and harmony in your life.



*Discover the peace that comes with  
being truly heard*

*Where Conversations Heal...*





# MEET THE FOUNDER

## Dr. Gurminder Rawal: Your Partner in Growth

*"As someone who's journeyed from education to life coaching, I've seen the challenges teens, young adults, and parents face. With a background in forensic science, teaching, and coaching, I understand the pressures they navigate.*

*My goal is to offer compassionate, practical guidance for personal growth, helping individuals move forward with confidence. Inspired by Vikram Dhar, I empower people to paint their life canvas by addressing blind spots."*

**— Dr. Gurminder Rawal**



***We Can't Change Others... But...  
We Can Change How We React to  
Them...***



# MANTRANAA OFFERS

TO HELP YOU TURN YOUR CHALLENGES INTO TRIUMPHS

**Personalized Support for Your Journey!**

## One-On-One Sessions



We believe true transformation begins with **Core Self-Discovery**.

## Group Sessions



Community - focused path to improve **emotional wellness** and **communication skills**.





# SERVICE 1: ONE-ON-ONE SESSIONS

**Discover Your True Potential with Personalized Support**



**Tailored Action Plan** - Each session is customized to your unique challenges, providing a structured action plan for sustainable progress.



**Master Work-Life Balance** - Develop tools to improve work-life balance, build confidence, and boost resilience in all aspects of life.



**Focused Self-Awareness** - Gain deep insights into your personal strengths and areas of growth, empowering you to make meaningful decisions for lasting change.





# 1:1 Sessions



## Package-1

6 Sessions | 6 hours = 2+3+1

2 - Core Self-Discovery	₹ 7,000
3 - Work Life Balance	₹ 10,000
1 - Progress Review	₹ 3,000
+ Support for 1 Month (Whatsapp/Email)	

PACKAGE FEE	<u>₹ 20,000</u>
(After Taxes)	₹ 23,600

## Package-2

6 Sessions | 6 hours = 2+2+2

2 - Core Self-Discovery	₹ 6,500
2 - Goal oriented Action Plan	₹ 9,500
2 - Progress Review	₹ 6,000
+ Support for 1 Month (Whatsapp/Email)	

PACKAGE FEE	<u>₹ 22,500</u>
(After Taxes)	₹ 25,960

## Package-3

6 Sessions | 9 hours = 2+1+2+1

2 - Core Self-Discovery	₹ 8,000
1 - Action Plan	₹ 3,500
2 - Goal Setting	₹ 8,000
1 - Progress Review	₹ 3,500
+ Support for 1 Month (Whatsapp/Email)	

PACKAGE FEE	<u>₹ 23,000</u>
(After Taxes)	₹ 27,140





# SERVICE 3: TRAINING WORKSHOPS

**Workshops and webinars offer engaging support to manage stress and enhance mental health while building essential life skills.**



**Personal & Emotional Wellness** - Enhance your emotional well-being and build better self-management skills through collaborative learning.



**Stress & Time Management** - Learn practical techniques to manage stress and improve time management alongside like-minded peers.



**Effective Communication** - Improve communication skills, handle conflicts constructively, and build stronger personal and professional relationships.





# Staff



## Package-1

5 Participants | 6 Sessions = 2+2+2hours

2 - Core Self Discovery	₹ 12,500
2 - Stress Management Basics	₹ 12,500
2 - Time Management Essentials	₹ 12,500
+ Group Chat for Ongoing Support	

**PACKAGE FEE**                      ₹ 37,500

(After Taxes)                      ₹ 44,250

## Package-2

5 Participants | 6 Sessions = 1+1+2+2 hours

1 - Core Self-Discovery	₹ 7,000
1 - Enhanced Emotional Intelligence	₹ 7,000
2 - Advanced Relationship Building	₹ 14,000
2 - Conflict Resolution	₹ 14,000
+ Group Chat & One Follow-Up Session	

**PACKAGE FEE**                      ₹ 42,000

(After Taxes)                      ₹ 49,560

## Package-3

5 Participants | 6 Sessions = 2+2+2 hours

1 -Core Self Discovery	₹ 7,000
1 - Emotional and Mental Wellness	₹ 8,000
2 -Leadership Skills	₹ 15,000
2 -Mindfulness Mastery	₹ 14,000
+ Group Chat + Two Follow-Up Sessions	

**PACKAGE FEE**                      ₹ 44,000

(After Taxes)                      ₹ 51,920





# IMPACT FOR LIVES

## Mentorship and Personal Growth

Gain guidance to **overcome challenges** and unlock your **full potential**.

## Emotional Intelligence and Stress Management

Learn to **manage stress** effectively and develop **emotional intelligence** for better decision-making and well-being.

## Mindfulness and Self-Mastery

**Cultivate mindfulness** and master your thoughts and emotions to achieve inner balance and **personal growth**.





# TESTIMONIAL



"Whenever I've had issues related to my career, studies, or mental and emotional well-being, Dr. Rawal gave me renewed direction and clarity."



Vansh Tevatia  
(2nd year, DU)



"She has been my mentor throughout my school life, guiding me through various challenges and helping me grow in numerous ways."



Vansh  
(21 years)



"Gurminder's questionnaire is a self-revelatory tool. Her approach is straightforward, logical, and realistic, providing a fresh perspective to consider."



Shilpa Narang  
(48 years)





## Ready to Transform Your Life? Why wait?

Your journey to a more fulfilled, stress-free, and empowered life starts here. Whether you're a parent, teen, or young professional, Mantranaa offers the support and guidance you need to overcome your challenges and thrive.

Book your **FREE** Consultation  
Call **TODAY!**



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