

About Me

I'm Parithi, a Psychologist and Trained Life coach, helping people discover their core values and unlock their true source of happiness.

Why Me?

I'm on a mission to help people heal themselves with psychology and spirituality – the best combo to reach one's highest potential and limitless happiness.

Being a Psychologist and Spiritualist, I believe that every individual possess a unique nature of thoughts, strengths and beliefs that would help them reach their destiny. Yet, many are either unaware of it or hide their unique nature due to the external demands or influences.



Support offered

- **Mind Clarity coaching**
- **Happiness coaching**
- **Spiritual coaching**
- **Value based coaching**
- **Youth Empowerment coaching**
- **Personal development coaching**



PARITHI PUGAL
Mind Clarity coach

Rotate in any direction
but Revolve around your
values !

Coimbatore | India

SESSION BROCHURE

Self Realization for mind clarity!

Hi there!

Take a minute to think how you would define yourself without your name, designation, relationship and physique. If that was hard, read on.. Self Realization deals with identifying and aligning yourself with your core belief, values, strengths and passion.

Mind clarity coaching is the perfect fit for you,

- IF**
- you want to declutter your mind and avoid intrusive thoughts.
 - you can invest time to explore your values & find your strength.
 - you wish to excel in the path self realization.
 - you want to discover the unique secrets of your happiness.
 - you want to determine & focus on your true goal and passion.

How does it work?

You will be assisted to dive deep within & explore your self. I will help you to recognise your core values, strengths and the true source of your happiness. The understanding of who you are & what your life purpose is, will eventually make you more decisive and be sure of your thoughts and actions.

My Model

The model I use is based on a psycho-spiritual approach of making the individuals acknowledge their existing thought patterns & beliefs and help them align with their real inner self rather than ideal self. I guide them with introspective activities to understand themselves and make them experience new perspectives of their self and environment.

Ready to get coached?

If yes, kudos to your efforts and for taking this decision. Remember, coaching is for anyone and everyone who wants to experience a transformation in their life and it doesn't make you any less of a person for seeking support.

To join me for a session,

After a request to book you will receive a call from us to discuss about general detail, Your desired outcome and customize session plan.

For further queries, please contact

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