

6-WEEKS FOR MINDSET SHIFT

A JOURNEY TO OBSERVE SHIFTS

BY STARTS WITH YOU™
AND FLYINGPEPPER

MIND SHIFT

EMOTIONS | RESILIENCE | SELF-BELIEF | NEUROSCIENCE | SELF-TALK | MINDSET RESET

6-WEEKS FOR MINDSET SHIFT

PURPOSE

To support you with

Understanding and shifting unhelpful thought patterns.

Managing self-doubt and overthinking in daily life.

Building emotional resilience to navigate stress and uncertainty.

Gaining clarity on personal and professional challenges.

Developing meaningful mindset shifts for personal or professional growth.

Creating practical strategies to handle setbacks with more confidence.

Your commitment is important:

You are ready to invest time and effort into your personal development.

You seek a coaching experience tailored to your unique needs, goals, and circumstances.

You are prepared to deeply explore your thoughts, feelings, and behaviours to uncover and address underlying issues.

You are ready to take action.

You value a collaborative relationship where both your input and the guidance provided are integral to your progress.

You want to enhance your well-being.

You desire a coach who is deeply empathetic and supportive, and who values open and honest communication.

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HI. I AM MAHIMA, YOUR MINDSET COACH

MY STORY BEHIND COMING UP WITH THIS MINDSET COACHING MODEL

I didn't just wake up one day and decide to be a mindset coach. It was a journey; one shaped by my struggles, my search for answers, and my deep desire to help others break free from the same patterns that once held me back.

I've seen how overwhelming self-doubt, stress, and emotional roadblocks can feel. I've watched people second guess themselves, stay stuck in situations that drain them and struggle with the weight of expectations; sometimes, I've been that person too.

It was simple. I tried a lot of techniques on myself, sought personal coaching and therapy, and realized that no one-size-fits-all. What works for one person may not work for another. But through all of this, I discovered a framework; a flexible yet powerful approach through which thousands of people can be helped.

That's why I do this work today. With a background in psychotherapy and psycho-somatics, I help people understand the mind-body connection, break free from limiting beliefs, and build the resilience they need to move forward. My approach isn't about forcing positivity; it's about real conversations, practical shifts, and empowering you to see yourself differently.

Because I truly believe that you deserve a life that feels good; not just on the surface, but deep within.

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EDUCATION QUALIFICATION

★Certified by Beck Institute, EFTMRA, International Hypnosis Association

MSc in Psychology, Jain University Bengaluru

PGD in Integrated counselling, ICPEM, NITI Aayog

PGD in Cognitive Behavioural Therapy, Institute of Holistic Mental Health
BPT, Amity University

EFT level I and II, EFTMRA

Neuro-linguistic Programming, International Hypnosis Association

Specialisation in Anxiety and Depression, Cognitive Behavior Therapy,
Beck Institute

Specialisation in Emotional Intelligence in Leadership, London School of
Business Administration

Certified in client-centred therapy, Emojar Consulting

Certified in Indigenous therapy, Bodsphere



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4 IMPORTANT SEGMENTS OF OUR COACHING:

1.MASTERING EMOTIONAL INTELLIGENCE: WORKING ON EMOTIONAL REGULATION

2.WORKING ON RESILIENCE WITH NEUROSCIENCE TOOLS

3.APPROACHING INTEGRATED SELF-BELIEF

4.ULTIMATE HEALTH DESIGN TO WORK WITH GREATER EFFICIENCY

6-WEEKS FOR MINDSET SHIFT

1st PART

WORKING ON EMOTIONAL REGULATION

Session duration: 90 minutes

Number of sessions: 2

TIMINGS: Will be scheduled based on availability.

Chat-based queries and updates for activities are included.

Bonus: The EI toolkit will be given to you after 1st part.

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2ND PART

WORKING ON RESILIENCE WITH NEUROSCIENCE TOOLS

SESSION DURATION: 70 minutes.

Number of sessions: 2

TIMINGS: Will be scheduled based on availability.

Chat-based queries and updates for activities are included.

Bonus: The Resilience toolkit will be given to you after 2nd part.

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3RD PART

APPROACHING INTEGRATED SELF-BELIEF

SESSION DURATION: 70 minutes.

Number of sessions: 1

TIMINGS: Will be scheduled based on availability.

Chat-based queries and updates for activities are included.

Bonus: The Self-belief toolkit will be given to you after 3rd part.

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4TH PART

ULTIMATE HEALTH DESIGN TO WORK WITH GREATER EFFICIENCY

SESSION DURATION: 60 minutes.

Number of sessions: 1

TIMINGS: Will be scheduled based on availability.

Chat-based queries and updates for activities are included.

Bonus: The Health workbook will be given to you after this part.

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ACHIEVE YOUR GOALS IN LESS TIME

6 x intensive 1:1 coaching sessions

advance coaching tools

1:1 customised program

personalised toolkits and plans

Bonus: personalised healthy self-talk audios to practice regularly

Investment: 15,000/- ₹ INR only (tax included)

Timeline: 6 weeks