

# CONVERSATIONS WITH PADMAJAA

Padmajaa Iyer is a therapist motivated with strong sense of purpose. She seeks to use her twenty years of experience in the field of therapy and personal healing to provide you with an intimate yet fresh approach to life; one that promises to open you to a readily available source of happiness, contentment, and empathy. Padmajaa has tried to go much beyond the role of a typical therapist. For her, conversations hold the power to transform lives; and she makes sure that she is able to connect with the core of your being in order to understand your beliefs, ideas and needs. In each session, she makes sure to move away from the one-sided give-and-take dynamic that usually exists between a therapist and the client. She sees herself as both a teacher and a student; as a giver and a taker; and above all, as a fellow human who values the common humanity that animates her and you. She believes that each human has immense inner potential to figure out their own life path, seeing herself simply as a guide through which this potential can be realized. Through various techniques, exercises, and simple lifestyle changes, Padmajaa will empower you to experience life as it unfurls and to live on your own terms. In this process, Padmajaa tries to bring a change in how you perceive things that happen around you and make the best out of all that life may throw at you.

## KEY AREAS OF EXPERTISE:

1. PERSONAL MASTERY
2. THE ENNEAGRAM FOR COLLABORATION
3. CONFLICT MANAGEMENT
4. CONSCIOUS COMMUNICATION
5. MINDFULNESS AND VISUALISATION
6. SELF HELP TOOLS TO LIVE AN EMPOWERED LIFE
7. WORKSHOPS FOR CONSCIOUS LIVING LIKE CONSCIOUS BREATHING
8. INNER CHILD HEALING AMONG MANY OTHERS



## MY CONTRIBUTIONS

Activities that have given me immense joy and added meaning to my work in this field includes

Founder of the iHEAL technique to help little children release fears & phobias through play therapy

Creator of the workshop – **CONCEIVE CREATE CONQUER** - Especially for children to unleash their potential in all spheres of life and bring forth their hidden qualities, highly appreciated by both parents and children

Creator of a hugely successful workshop “NARI-SHAKTI” especially for women to enable them to live life with confidence and renewed zeal

Workshops on teaching techniques on MIND MASTERY to help children and adults use their minds in a better way

One on One therapy and COACHING sessions for people of all ages, all over the country

ZEN SPACE dedicated to wellness practices at a corporate organisation open to over 3000 employees who can participate in programs, designed to enhance their mental, physical and emotional health

