



for a corporate life with Matrix

Dr. Paras



Dr. Paras, founder at Dr. Paras Wellness Pvt. Ltd. is known for his expertise to make mental well-being an inherent part of people's lives through numerous path-breaking initiatives offered by the firm. He spearheads programs and sessions internationally while continuously delivering knowledge in the areas of building mental strength. He has won numerous awards as a Life Leadership Coach that has fetched him global recognition.

He conducts programs for corporates and individuals while being the driving force behind Matrix, a brand owned by Dr. Paras Wellness Pvt. Ltd.

He propagates greater well-being through his learnings based on the principles of Mindfulness, Neuro-linguistic programming, hypnotherapy while healing lives through coaching, counseling, mentoring, training, and more.

Accolades

EMCC
Global Coach of the Year 2019
Paris (June 2020)

Young Leader Award
From ICF (International Coach Federation)
Pittsburgh Pennsylvania, USA (June 2018)

Mindfulness Coach of the Year
World HRD Congress,
Mumbai

Mentor Coach of the Year
The Golden Globe Tigers Award
Malaysia (April 2018)

Life Leadership Coach
World HRD Congress.
Mumbai (February 2018)

Innovative Coach of the Year
Delhi HR Distinction Awards
(January 2018)

- Our Clients -

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|----------------------|-----------------------|-------------------------|
| • Auto Component | • Gems & Jewelry | • Production |
| • Automobile | • Healthcare | • Real Estate |
| • Aviation Cement | • Insurance | • Retail |
| • Bank | • IT & ITES | • Science & Technology |
| • Consumer Durables | • Manufacturing | |
| • Cosmetics | • Media Entertainment | • Telecommunications |
| • Education Training | • Metals & Mining | • Tourism & Hospitality |
| • Engineering | • Oil & Gas | |
| • Finance | • Pharma | |
| • FMCG | • Power | |

Certifications

- ICF Coach ACC /PCC /MCC & EMCC SP/ MP Certified Coach
- Hypnotherapy Level 1, 2, 3 & 4
- Licensed NLP Practitioner
- Licensed Mindfulness Practitioner • Mental Strength Practitioner
- Counseling Skills Level 1, 2 & 3

Corporate Solutions A range of niche programs for personal and professional development.	Certifications Get an advanced certification with authentic credentials for your career.	Services Executive coaching, leadership coaching, training, and more.	Support Face-to-Face Virtual



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GET TO EXPLORE

- www.drparaswellness.com
- www.iiuef.org
- www.coachdrparas.com
- www.mindfulnesspractitioner.com
- www.hypnotherapypractitioner.com
- www.mentalstrengthprofessional.com
- www.psychometricassessments.com
- www.nlptrainingcertification.com
- www.tavamitram.org
- www.counselingcertification.com

Corporate Solutions and Signature Series

▪ Neuro-linguistic Programming

Develop a winning mindset and be a magnet for growth.

▪ Team-Building

Build better relationships at work, create a thriving work atmosphere.

▪ Corporate Presence

Exude success and make lasting impressions to be a powerful leader in the industry.

▪ Leadership Mentoring

Be a world-class mentor with exclusive training sessions to motivate and influence business actions.

▪ Transactional Analysis

Develop a higher level of awareness of self and surroundings. Understand human behavior to make empowering decisions.

▪ Professional Excellence Program (PEP)

Train to be a successful professional while leading and empowering people.

▪ Emotional Intelligence (EI)

Learn ways to develop EI using models of Transactional Analysis and NLP to deepen self-awareness levels.

PRODUCTS

• Coach Certification

ICF/EMCC accredited coaching that follows the highest standard of coaching programs.

Coach Supervision

Sharpen and elevate your coaching practice with coach supervision.

Mentor Coach Training

Mentoring for coaches who are undergoing ACSTH or Portfolio route to ICF (either for ACC/PCC/MCC).



• Advance Train the Trainer

A 3 - day Advance Train the Trainer program to equip aspiring trainers with an authentic certification. Trainers can add more value to this certification with a specialization in any or all of the following programs as seen below.

Train the Trainer: Communication Skills

Join to be an expert-level trainer in Communication Skills and get the knowledge to conduct successful training sessions.



Trainer the Trainer: Emotional Intelligence

Learn advanced levels of Emotional Intelligence to begin your specialized training practice in EI.

Train the Trainer: Conflict Management

High-level training sessions that impart knowledge in handling difficult situations. Be an expert Conflict Management trainer with us.



• Mindfulness Practitioner™

Be a certified Mindfulness Practitioner™ to launch a rewarding career path.

• Hypnotherapy

Get a Diploma and begin an enriching career as a certified hypnotist.



Trainer the Trainer: Stress Management

Learn in-depth training techniques related to Stress Management. Deliver high-level engaging training sessions.



Life Leadership Coaching

Join Dr. Paras in his exclusive coaching programs to unearth your hidden potential. You go on a journey of transformation to manage emotions while marching towards success.

Executive Coaching

Learn team management, develop leadership skills, improve communication, productivity, and much more.



Mindfulness Retreat

Rediscover life using the concepts of mindfulness amidst the abundance of nature in our exclusive retreats.

Mental Strength Professional (MSP)

Get guidance for personal and professional issues with expert counseling by MSPs.

Personality Assessments

Know your personality and improve your skills using the Matrix Personality Assessment analysis.



- **Being a Self-Aware Leader**
Suitable for professionals looking to equip themselves with the most appropriate leadership skills for life.
- **Understanding Hypnosis**
Get in-depth knowledge of hypnosis to understand the process, its benefits, and how it can work wonders to change lives.
- **Become a Mindfulness Practitioner**
Learn habits you can install as a daily practice. Bring in mindfulness into your life using our handy E-Book.