

Restore Life & Balance

Personal Counselling by Umesh Soman



PHOBIA

PSYCHOLOGICAL TRAUMA

PERSONAL DEVELOPMENT ISSUES

MAKING DECISIONS

DEPRESSION

ADDICTIONS

PHANTOM PAINS

STRESS

INNER CONFLICT

LOVE & MARITAL ISSUES

RELATIONSHIPS

and much more....

PERSONAL COUNSELLING

Problems, worries and concerns are part of everyone's life from time to time. Sometimes problems can seem overwhelming - so tough to deal with that you find yourself having a lot of difficulty concentrating on the key things you want to focus on. Counselling for personal issues can help you to understand and confront the challenges you face. Meeting with a trained professional to talk things over can make a huge difference in your ability to cope with personal problems.

Counselling is not a magic remedy for your problems, but a way to help you take charge, set goals, and make changes in your life. Seeking professional help from a counsellor does not mean that you are 'crazy', but that you care enough about yourself to get help when you need it. Personal counselling provides an opportunity to explore your concerns in a supportive and non-judgmental atmosphere.

Confidentiality and trust are the pillars of this process. Individuals from 6 to 60 years,

including children, students and adults alike can all seek counselling.

Personal counselling is a working relationship in which you are helped to explore and manage what is happening in your life. The overall aim of personal counselling is to provide an opportunity for you to work towards a more satisfying and resourceful experience of life. Naturally, each person's needs are different.

Personal Counselling is usually concerned with:

- * Phobia
- * Personal development issues
- * Addressing and resolving specific problems
- * Motivation
- * Making decisions
- * Time management
- * Coping with individual or family crisis
- * Relationships - Improving relationships with others
- * Love & marital issues
- * Stress

- * Anxiety
- * Psychological trauma
- * Grief
- * Developing personal insight and knowledge
- * Working through feelings of inner conflict
- * Job satisfaction or Career issues
- * Children's education
- * Depression
- * Sexuality and sexual orientation
- * Addictions
- * Phantom Pains
- * Aid to different medical problems like allergies, migraines, diseases

... or any number of other issues, large or small, which crop up in everyday life.

The aim is to clarify our problems and challenges, identify changes we would like to make, gain fresh perspectives, consider the consequences of various options and acknowledge the impact of life events on our emotional well being.





Your Personal Counsellor

Umesh offers personal counselling services to those in need of a listening ear, encouragement and solutions to life's problems. Beneficiaries include people from all walks of life, including adolescents, professionals, businessmen and housewives. Many who found it difficult to cope with problems at the workplace, broken relationships or other social pressures have found answers to their questions and solutions to their problems through these counselling sessions.

Counselling with Umesh Soman is completely confidential and can help by providing the support and encouragement necessary for you to make changes in your life. The first step is to meet at a neutral common ground like a coffee shop as an introduction between the client and Umesh. When both decide to proceed with counselling, the first formal session onwards can happen at one of our two offices (Juhu / Thane), or even a visit to the client's residence can be arranged.

Knowing Umesh Soman

A person whose mission is to introduce "Zing" in the lives of people, Umesh Soman has made a difference in the lives of over 10,000 people across levels & functions. Within the arena of behavioural changes, strategic planning, leadership, management, and sales, he is a highly successful facilitator and coach. Personal counselling and therapy are areas where he has been highly sought out. Based on his experiences, Umesh is currently authoring a book

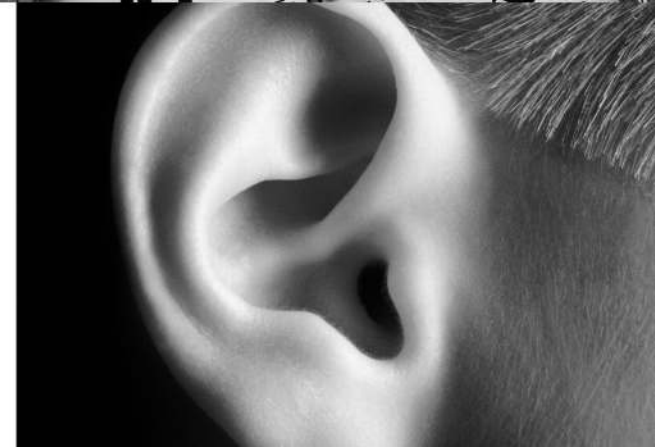


on the basic tools required by people to achieve "Zing".

People seek Umesh Soman for his practical approach and faster turnaround time. He blends in various scientific approaches to help people achieve their goals in an amount of time which people find magical. Umesh just smiles as he hears about this, as what seems magical to an outsider is pure science perfected by attending the same certification programs multiple times over time and also constantly learning the most cutting edge techniques.

Umesh Soman

Umesh Soman has successfully facilitated over 500 workshops. In behavioural and soft skills, along with expertise in classroom training, he is highly effective in the experiential format of training. Umesh has trained diverse audiences, including entrepreneurs, executives, professionals and students. Umesh Soman also has extensive experience with psychometric tools, successfully handling organisational development, helping organisations build robust processes in HR – benchmarking, competency mapping, succession planning, recruitment to employee development, internal job posting and restructuring.





Umesh Soman is an internationally Certified Professional Behavioural Analyst, Certified Professional Values Analyst, Trimetrix Index Certified and an International Master Trainer for all of these certifications. He is also an Internationally certified Practitioner, Master Practitioner and Trainer of Neuro Linguistic Programming, Hypnotherapy and Time Based Techniques; and holds a Diploma in NLP Psychotherapy.

Umesh Soman is the world's first and only trainer to train in and offer accredited certification in NLP (Neuro Linguistic Programming), purely in Indian languages.



You're not alone!

Contact Umesh Soman on...
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