



About me:

Manasi Kelkar- A business and financial analyst (over a decade of corporate experience dealing with teams across locations) turned into a Social Entrepreneur (Tilika <https://yourstory.com/2018/01/manasi-kelkar-tilika/amp>), est.2012 and

MindCare, EI coach and Life Skills facilitator (Mindful by Manasi)

(<https://www.facebook.com/myguide2IKIGAI?mibextid=LQQJ4d>)

She helps people to be resilient, build emotional immunity and enhance mental well-being, with a blend of positive psychology techniques, life skills, Japanese well-being concepts and age old eastern spirituality.

With her coaching, trainings and motivational talks, she helps both corporate teams and individuals find the way to their better versions, find their IKIGAI, promote Mindful and conscious living.

Coach Manasi has been a speaker at international coaching conferences at multiple occasions and has been publishing articles in international magazines.

Manasi is a guide, mentor for budding life skill coaches who are under training at Darwin Psychology center. She is also content creator and coordinator for Life skill program for teenagers at Darwin. Manasi is a part of the programs as a guide at the Rao Institute, New York (India chapter)

Following are some of the accomplishments at the **ICMF, Zimbabwe** –

- Featured on the Career Magazine '**Career Masters**' Zimbabwe.
- **Wellness and Health Coach of the Year – 23-24**
- **Runner-up in Emotional Intelligence category – 23-24**
- Runner-up in Wellness and Health Coach of the Year – 22-23
- She appeared in a podcast on '**Living the Moment Well**' conducted by 'Distinct Leadership', **Nigeria.**
<https://www.youtube.com/live/pgZ3pmcL2mQ?si=vy2f7YoVT7Ni0lkq>

Manasi Kelkar

Motivational speaker, MindCare Coach and Life Skill Facilitator

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Coaching Profile: Mindful by Manasi

In this friendly Universe, we are constantly exchanging energies, expressions, and words with everyone. We are even in a constant exchange with Nature as what we inhale comes from the trees. Through this journey of life, we are healing each other and walking each other home.

I am grateful to have been able to reach many people through my work and be a part of their journeys. In each of the work engagements there is an opportunity to be an instrument to heal a part of the coaching client but in turn enhance an aspect of my life, too.

I would like to describe myself as the “family doctor for your mind” who is easily reachable for anything seemingly small but something that can create graver issues if not looked at in time. Just like a family doctor (first POC), I am a MindCare coach helping with any emotional wellbeing issue that can be tackled even while it’s small. I believe in equipping my clients to embrace life in such a way so they do not need to seek my guidance for a longer period. 😊

My work is focussed on helping clients to be resilient, building emotional immunity, and enhancing mental well-being. I use a blend of positive psychology techniques, life skills, Japanese concepts for wellbeing and age old eastern spiritual concepts in my work, however, without any specific cultural references so it suits wider audiences across countries and cultures. I have been conducting one on one sessions as well as group coaching and trainings both in person and online.

I conduct half-day, one-day, to three-week programs focusing on gratitude, mindful living, mind management, mind care, conscious living, creative thinking, connecting with nature, breathing techniques and other mind exercises to deal with anxiety, stress and more.

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With the help of my coaching, trainings, practical tips for conscious living and inspirational talks, I have been instrumental in spreading the concept of conscious thinking and actions for a sustainable life - living each moment well, helping clients to find their IKIGAI. My client list includes both corporate teams and individuals.

The testimonials, feedback and kind words from my clients have surely helped me enhance and fine tune the quality of my offering over time.

As a coach, I feel we need to ensure that clients find their path if it's hidden or equip them to make one. However, rather than only talking about being positive, I believe in helping them embrace what it is right now and that's the secret behind consistent inner growth.

Listing down some of the topics apart from the WHO prescribed life skill topics that I have delivered sessions for coaches and corporate teams:

1. Mindful living, sleeping and resting
2. Time management - managing your time/ managing your mind
3. Creative thinking for enhancing life
4. Being a congruent coach/ professional
5. Power of Emotional intelligence in relationships
6. Work life integration
7. Leadership - the everyday leader
8. Conscious parenting
9. Unclogging your life
10. Living the moment well
11. Be inspired to inspire others

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