



**Ekktaa (Founder)** brings her expertise in the areas of coaching, spirituality, and mindfulness. She is actively involved in bringing her sense of innovation to the products and services offered by the firm. An award-winning Spiritual Coach, Ekktaa employs the use of sound techniques to coach and train individuals.

### EKKTAA DAITHANKAR



### KALPNA JOSHI

Known for her healing powers, Kalpna Joshi (Founder) actively looks after the healing programs at Dr. Paras Wellness. She is a practising NUMEROLOGIST who has created great success stories over the last 15 years. Kalpna also runs Tava-Mitram, a not-for-profit initiative for the less-fortunate.

#### Vision

Matrix aims to Inspire, Empower, and Transform every individual willing to be coached and trained to be inspiring leaders, motivators, and change makers of the society. The firm stands by its values of excellence, courage, commitment, creativity with a strong company focus by enabling people and companies worldwide. Using these values, the firm has a vision of making coaching a way of life for all.

#### Mission

Matrix is committed to provide world-class training to individuals, professionals, students, and people from every walk of life. There is a strong emphasis on coaching, training, and mentoring to stimulate self-awareness levels. Matrix aims to transform people to be excellent coaches and trainers, leaders, motivators, and change makers. The company is on a mission to be the topmost choice for organizations and individuals seeking a positive transformation.

# 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 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, and Hypnotherapy while healing lives through coaching, counseling, mentoring, training, and more.

#### Accolades

Dr. Paras is the recipient of several international awards.

<b>EMCC Global Coach of the Year 2020</b> Paris (June 2020)	<b>Mindfulness Coach of the Year</b> World HRD Congress Mumbai
<b>Young Leader Award</b> From ICF (International Coach Federation) Pittsburgh Pennsylvania, USA (June 2018)	<b>Mentor Coach of the Year</b> The Golden Globe Tigers Award Malaysia (April 2018)
<b>Innovative Coach of the Year</b> Delhi HR Distinction Awards (January 2018)	<b>Life Leadership Coach</b> World HRD Congress Mumbai (February 2018)



**Dr. Paras**  
Wellness Pvt. Ltd.

# MAKING MENTAL WELL-BEING A Priority For All



Health



Happiness



Well - Being

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#### GET TO EXPLORE

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Dr Paras Wellness™

[www.drparaswellness.com](http://www.drparaswellness.com)

Matrix is owned by **Dr. Paras Wellness Pvt. Ltd.** We offer the following services under our brand.

## Life Leadership Coaching and Executive Coaching

Matrix offers exclusive coaching interventions, life coaching sessions, leadership coaching, and more.



### Coach Certification

Launch your career as an ICF/EMCC certified Coach with Matrix.

### Mindfulness Practitioner

Learn Mindfulness to embark upon a new career with authentic certification.



### Mindfulness Retreat

Learn Mindfulness concepts in a relaxing ambience against the beautiful backdrop of nature.

### Mindfulness App

Enjoy the benefits of Mindfulness in your pocket.



### Neuro-linguistic Programming (3 Levels)

Be a certified NLP Practitioner /Master Practitioner and NLP Coach. Learn the language of the brain. Certifications approved by Richard Bandler.

### Mentor Coach Training

A mentoring program to shape professionals into world-class coaches.



### Coach Supervision

Exclusive supervision program meant for coaches looking to add immense value to their practice with regular supervision.



### Corporate Solutions

A range of programs devised to create empowered leaders.

### Train The Trainer

Exclusive programs for mentors to be world-class training professionals.



### Signature Series

Signature programs to develop excellent leaders at the workplace.



### Counseling Certification

We offer basic and advanced level counseling certification programs.



### Psychometric Assessments

Free and premium personality assessments with detailed analysis.

### Mental Strength Professional

We offer counseling, therapy, and healing services by building mental strength.



### Hypnotherapy

Get a diploma in hypnotherapy through our intensive certified training programs.



## Download E-Book



- **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 eBook.

Our certification body offers a stringent examination process to ensure the certification offered is of the highest standard. We are the only certification body in India that governs the courses and certifications offered by institutes in the field of Coaching, Train the Trainer programs, Counseling, Hypnotherapy, and Mindfulness.



A not-for-profit run by IUUEF, we offer free group coaching for the less fortunate. The organization aims to build emotionally-strong citizens of India.