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.

- Build The -
MINDSET
for a corporate life with Matrix

- Our Clients -

- 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

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

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)

ICF Coach ACC /PCC /MCC & EMCC SP/ MP Certified Coach

Hypnotherapy Level 1, 2, 3 & 4

Licensed Mindfulness Practitioner

Licensed NLP Practitioner

Mental Strength Practitioner

Counseling Skills Level 1, 2 & 3

Contact:
drparas@matrrix.in
www.matrrix.in

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Mental Strength Practitioner

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www.drparaswellness.com
www.iuef.org
www.coachdrparas.com
www.mindfulnesspractitioner.com
www.hypnotherapycertifications.co
www.mentalstrengthprofessional.com
www.psychometricassessments.com
www.nlptrainingcertification.com
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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.

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

Professional Excellence Program (PESP)
Train to be a successful professional while leading and empowering people.

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.

Team-Building
Build better relationships at work, create a thriving work atmosphere.

Neuro-linguistic Programming
Develop a winning mindset and be a magnet for growth.

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.

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.

Train 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.

Train the Trainer: TA for Corporates
Learn the Transactional Analysis (TA) models and theories to begin your specialized TA training practice within your company.

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

Coach Certification
ICF/EWCC accredited coaching that follows the highest standard of coaching programs.

Coaching Certification
Exclusive courses designed to offer counseling skills and techniques.

Counseling Certification
Exclusive courses designed to offer counseling skills and techniques.

Licensed NLP Certification
Be an NLP Practitioner, Master Practitioner and NLP Coach approved by the society of neuro-linguistic programming - Dr. Richard Bandler.

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PRODUCTS

Coach Certification
ICF/EWCC 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).

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