



GET IN TOUCH WITH US



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Gurgaon & Meerut

Take the First Step Towards a Productive, Skilled, Healthier and Happier Workforce

Empower your team with our corporate training and wellness programs designed to nurture the mind, body, and soul. Contact us today to schedule customized training that promote resilience, productivity, skill development and holistic well-being for your organization.

***Develop skills of your employees.
Invest in Training & Wellness.***



LYFE MAGIC

DISCOVER A PATH TO EXCELLENCE

CORPORATE TRAINING FOR SKILL DEVELOPMENT & EMPLOYEE WELLNESS

**Your Journey to Success, Productivity,
Health & Wellness Begins here.**

Empower your workforce with our integrated corporate training programs focusing on skill development and holistic wellness. By combining skill-building with wellness strategies, we help create a more resilient, productive, and engaged workforce, driving success for your organization.

Learn More





WHY CHOOSE OUR TRAINING & WELLNESS PROGRAM?

Our corporate training programs are designed to empower your workforce with practical skills, resilience, and holistic well-being. Led by certified experts, we offer tailored solutions that enhance productivity, foster emotional intelligence, and promote stress management.

With a focus on both professional growth and personal wellness, we create a supportive and inclusive environment where employees thrive, driving success for your organization.

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OUR SERVICES

CORPORATE TRAINING & WELLNESS PROGRAM

- Stress Management & Resilience
- Yoga, Mind Activation Exercises & Meditation
- Holistic Wellness: Physical-Mental -Spiritual Program
- Managing Emotions at Work & Self Awareness
- Time Management & Mind Management
- Conflict Management
- Building High Performing Team & Coaching Skills
- Interpersonal Relationship & Assertiveness
- Transactional Analyses
- Effective Communication & Active Listening Skills
- Workplace Etiquette & Professionalism
- Mindfulness & Creativity

MEET OUR TEAM

Our team of certified trainers, including NLP coaches, HR experts, psychologists, counselors, wellness coaches, psychometric testing experts, and mindfulness trainers, offers customized corporate training and wellness solutions. We provide group and one-on-one sessions focused on productivity, resilience, emotional intelligence, stress management, and holistic well-being, empowering employees to thrive and excel in their fields.



SHEFALI MONGA

Holistic Wellness Coach
Nutritionist
NLP & Psychological Counsellor
Yoga & Meditation Trainer
Inner Child Healing Practitioner



DR. DEEPALI MONGA

Psychologist,
International Corporate Trainer
NLP Life Coach
Mindfulness & Happiness Coach
High Performance Coach