

Shefali Monga – Holistic Wellness Coach, Trainer & HR-Marketing Expert

Shefali Monga is a passionate, empathetic, and highly accomplished Holistic Wellness Coach and Corporate Trainer with a strong academic foundation in Human Resources and Marketing. A UGC-NET qualified professional, she holds dual MBAs in HR and Marketing, alongside Master's degrees in Economics and Commerce (M.Com), a PGDBA, and a DNIIT certification. With rich experience as a professor in HR and Marketing, Certifications in Positive Psychology and Mind Mastery Programs. Shefali brings both academic rigor and practical insight into her training sessions. She has co-authored two well-received academic books—“*Personality Development: A Ladder to Success*” and “*Professional Communication: A Lab Manual*”. Her diverse expertise is complemented by deep involvement in social work and a strong commitment to individual empowerment through education, wellness, and emotional intelligence.

Beyond academics and training, Shefali has established herself as a certified wellness and lifestyle management expert, holding a diploma in Applied Psychology and various certifications in stress management, nutrition, yoga (Sheromani – Kerala), weight loss, inner child healing, and meditation. A dedicated mindfulness practitioner, she has completed multiple 11-day Vipassana meditation retreats rooted in noble silence. Her areas of specialization include NLP, Mindfulness, Emotional Intelligence, Time & Stress Management, Team Building, Transactional Analysis, and Spiritual Leadership based on teachings from the Gita. She conducts one-on-one sessions and holistic programs for diverse audiences—ranging from individuals to professionals from institutions like IIT, MIT, Stanford, Wipro, Adobe, TCS, and more—across India, the USA, Germany, Qatar, Switzerland, and Canada. Through her wellness coaching programs—delivered both online and offline—Shefali has helped countless individuals achieve greater emotional balance, inner peace, and a healthier, more fulfilling life.