

ABOUT US

At Lyfe Magic, we train college students and corporate professionals on developing leadership skills, career preparation, behavioural training, mental health-based sessions, and consultation programs.



“UDAAN”
UNLEASH THE LEADER
WITHIN YOU
– Ignite Your Potential with Resilience and Wellbeing.

CONTACT US:



+91 9897772523



drdeepalimonga1@gmail.com

OUR PROGRAMS

UDAAN: STUDENTS' MASTERY PROGRAM

Behavioral Skills Training, Mental Health & Personal Growth Sessions

- Self-awareness & emotional intelligence
- Assertive communication & healthy boundaries
- Stress & time management
- Confidence-building & self esteem
- Interpersonal & social skills for success
- Mind Programming-NLP (Neuro Linguistic Programming) for students
- Placement Interview readiness & anxiety management

**TAKE THE
FIRST STEP**

YOUR PATH TO SUCCESS, SUPPORTED BY WELLNESS.

OUR PROGRAMS

SEHAJ: SELF-MASTERY FOR FACULTY

Training, Mental Health & Professional Development Sessions

- Stress management & interpersonal relationship
- Enhancing empathy and active listening in teaching
- Work-life balance strategies and application
- Mentorship/coaching & counselling skills
- Emotional resilience and mindfulness teaching
- Conflict resolution and communication@ transactional analysis
- Mind Programming-NLP (Neuro Linguistic Programming) teachers/faculty
- Spiritualism & conscious awareness: Ego & self esteem