

Dr. Deepali Monga, Ph.D – Psychologist & International Trainer

Dr. Deepali Monga is a highly accomplished and passionate International Corporate Behavioural Trainer, Psychologist (Clinical & Positive Psychology), and Transformational Life Coach, with over 24 years of rich experience in training and more than 15 years in the fields of Organizational Behavior, HR, and Industrial Psychology. With a Ph.D. in Psychology and UGC-NET qualification, she is also an internationally licensed NLP practitioner (Bandler certification, USA). Her therapeutic expertise spans a broad range of evidence-based modalities including CBT, REBT, DBT, Psychodrama, Art Therapy, and Mindfulness. She has worked extensively with individuals struggling with anxiety, depression, relationship issues, childhood trauma, and stress-related challenges. Her clinical foundation is backed by internships with renowned psychiatrist Dr. Samyak Jain (Brain Gym Clinic) and at MIMHANS, enhancing her depth in both clinical and positive psychology. Dr. Monga's training credentials are equally robust, with certifications from institutions like Dale Carnegie, IIT Roorkee, ISTD, ISABS, NIMHANS, and the Udai Pareek HR Lab.

As a published author of four books and contributor of over 30 research papers to national and international journals, she continues to be a thought leader in her field. Her recent self-help book *“UNBOUND: Path to Mental Liberation”* offers golden nuggets for achieving happiness and mental well-being. Dr. Monga is also deeply rooted in mindfulness practices, having completed several intensive 11-day Vipassana meditation retreats, which complement her work in areas like Stress Management, Team Building, Transactional Analysis, Time Management, Spiritual Leadership from the Gita, and Ego & Self-Esteem Coaching. Her mission is simple yet profound: to empower individuals and organizations toward inner clarity, emotional mastery, peak performance and lasting transformation.

Dr. Monga's career spans a rich tapestry of global coaching world-wide. Her areas of expertise include NLP, Emotional Intelligence, Team Building, Conflict Resolution, POSH, Mindfulness Meditation, Spiritual Leadership (inspired by the Bhagavad Gita), and more. Dr. Monga has conducted transformational coaching and training for clients across India, the USA, Canada, Germany, Qatar, and Switzerland—including professionals from IIT, MIT, Stanford, Adobe, Wipro, TCS, and HCL. Through both online and offline platforms, her empathetic, research-backed methods continue to empower thousands of individuals worldwide toward greater resilience, clarity, and well-being.