

Ruchika Garg

Emotional Wellness

Therapist & Coach



An Emotional Wellness expert, combining her experience as a Psychologist, Hypnotherapist, Mindfulness Coach, NLP, Inner child and trauma healing expert.

Through her breakthrough sessions, her clients are able to find peace of mind and freedom from emotional baggage. She has successfully worked with hundreds of adults suffering from anxiety, overthinking, limiting beliefs, childhood trauma, grief, negative thinking, relationship problems, and spiritual enquiries.

Programs

- Emotional Breakthrough Sessions (One-on-one premium Therapy & Coaching service)
- Awaken Your Inner Buddha (Mindfulness Program)
- Mindfulness for Anxiety Program
- Your Womb is Magical (a social contribution to develop a positive emotional and spiritual connection with the womb and associated monthly difficulties)
- Comprehensive Counselling Skills Program (Udemy)

Founder of Conscious Jiva

5000+ hours of therapy and breakthrough sessions experience

300+ happy clients in more than 5 countries

Working with top notch clients for 6+ years

Outstanding Leadership Award in the field of Mental Health

by Indian Leadership Academy and SkillCentral UK

Featured

- Interviewed by the team of **rehabs.in** to give a talk on the dynamics of online therapy.
- Featured by **BrilliantRead** for her work and contribution to the society.
- Featured on the cover of **Enzo Times**, an e-magazine for men's personal branding and wellness.
- **Awarded by Indian Leadership Academy and Skill Central UK** for outstanding contribution in the field of Mental Health (2021)






Qualifications

- M.Sc Clinical Psychology (Christ College, Bangalore)
- Diploma in NLP Coaching (American Board of NLP)
- Training in Clinical Hypnotherapy (EKAA)
- Mindfulness Coach (Happiitude)
- EFT Practitioner (International Certification Ongoing- Vitality Living College)
- Inner Child Matrix Practitioner (International Certification Ongoing- Vitality Living College)

Guest Lectures

- Christ (deemed to be University), Bangalore
- R.D. National College, Mumbai

Official Links

-  <https://ruchikagarg.com/>
-  www.linkedin.com/in/askruchikagarg
-  <https://www.facebook.com/AskRuchikaGarg/>
-  <https://www.instagram.com/askruchikagarg/>
-  <https://www.youtube.com/askruchikagarg>

Note- All the icons above are clickable

Career Snapshot

Company name	Designation	Duration	Location
HappyDNA	Student Psychology coach	8 months	Bangalore
iSapientific Technologies	Content developer and presenter	4 months	Bangalore
Indian Leadership Academy	Training Manager & Content expert	1 years	Bangalore
Conscious Jiva	Founder & Psychospiritual Therapist and Coach	4 years	Online

Guest Lectures

College	Hours	Participants	Participants Profile	Topic
Christ (deemed to be University), Bangalore	2	200	UG students in Psychology	Introduction to Hypnotherapy
	2	35	MA Counselling Psychology & MSc Clinical Psychology students	Use of Hypnotherapy as an adjunct to Psychotherapy
	2	40	UG and PG students in Psychology	Inner Child Work with Hypnotherapy

College	Hours	Participants	Participants Profile	Topic
Christ (deemed to be University) Bangalore	2	40	MA Counselling Psychology & MSc Clinical Psychology students	Integration of hypnotherapy with counselling
R.D. National College. Mumbai	1.5	85	UG students from various departments	Mental Health Awareness- the true face of Mental Health

Workshops facilitated

Company	Hours	Participants	Participants Profile	Topic	Batches
Indian Leadership Academy, Bangalore	4	28	Heterogeneous	NLP Introductory Half day	8
	7	25	Heterogeneous	NLP Introductory 1 day	4
	7	15	Corporate employees, Psychologists, and students.	NLP Practitioner	8
	6	10	MBA graduates	Vocational Training	2
Bit Order Technologies Pvt. Ltd. Bangalore	2	10	Employees and mid-senior level managers (females)	Prevention of Sexual Harassment (POSH)	2
Turbo Systems Development India Pvt Ltd. Bangalore	2	30	Employees and mid-senior level managers	Prevention of Sexual Harassment (POSH)	2

Company	Hours	Participants	Participants Profile	Topic	Batches
91 Springboard, Bangalore	2	16	Employees of various organizations	Time Travel with Hypnosis	1
Conscious Jiva, Jaigaon	2	10	Students and Housewives	Discover Yourself	1
	2	10	Students and Housewives	Mind-Body Connection	1
	2	25	Heterogeneous	Depression: a free awareness workshop	1
	16	10	Children of age 10-15 years	Building a Success Mindset	1
	12	20	Students from 9th-12th std	Motivation and Mental Conditioning for Exam Preparation	1
St. James School, Jaigaon	4	40	Students of 10th and 12th std	Motivation for Board Exam Preparation	2
BSF Coochbehar, West Bengal	1	100	Women residing in the BSF Campus	Mental Health for Women (International Women's Day Special)	1
Online	2	150	Women across ages 25 to 45	Your Womb is Magical	2
Online	2	70+	Heterogeneous	Mindfulness Webinars	10