

Ruchika Garg

Emotional Wellness Therapist
and Mindfulness Coach

Professional Profile



An award-winning Emotional Wellness Therapist & Mindfulness Coach, specializing in **helping adults heal from the impacts of childhood trauma, so that they can find inner peace and lasting happiness.**

Ruchika has also **conducted several online and offline webinars, workshops and corporate training programs** in the field of mental health and emotional wellness.

She loves to offer the **highest level of care and prefers to work** for individuals and organizations that value expertise. Her vision is to make the world a kinder place, one person at a time, one organization at a time.

Programs

- **Emotional Breakthrough Program** (One-on-one trauma-focused Therapy sessions)
- **Awaken Your Inner Buddha** (Mindfulness Program for mental-emotional resilience)
- **Your Womb is Magical** (Women's workshop to develop a positive emotional and spiritual connection with the womb and associated monthly difficulties)
- **Mindfulness For Anxiety & Overthinking** (Udemy)

**Founder of Conscious Jiva
Senior Therapist &
Supervisor**

**150+ hours of Corporate
Training sessions**

**5000+ hours of therapy
and breakthrough
sessions experience**

**300+ happy clients in
more than 7 countries**

**Outstanding Leadership
Award for contribution in
the field of Mental Health
by
Indian Leadership
Academy and SkillCentral
UK (2021)**

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 (2017; Christ College, Bangalore)
- Diploma in NLP Coaching (American Board of NLP)
- Clinical Hypnotherapy-all 5 levels (EKAA)
- Mindfulness Coach (Happiitude)
- EFT Practitioner (International Certification Ongoing- Vitality Living College)
- Inner Child Matrix Practitioner (International Certification Ongoing- Vitality Living College)
- EFT Advanced Practitioner (International Certification Ongoing- Vitality Living College)

Career Snapshot

Company name	Designation	Duration	Location
HappyDNA	Student Psychology coach	8 months	Bangalore
iSapientific Technologies	Content developer and presenter- created a 13 hour counselling program for Udemy	4 months	Bangalore
Indian Leadership Academy	Training Manager & Content expert	1 year	Bangalore
Conscious Jiva	Founder; Emotional Wellness Therapist and Coach	4 years	Gurgaon & 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

Trainings & Workshops facilitated

Corporate Trainings are highlighted

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	Personal development 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
4C Integrated Communicators, Dubai	2	20+	Women entrepreneurs	Womb wellness	1
Manoshala	1	150+	All employees	Emotional self-care with Mindfulness	1

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Official Links

 <https://ruchikagarg.com/>

 <https://www.facebook.com/therapywithruchika/>

 <https://www.instagram.com/therapywithruchika/>

 <https://www.linkedin.com/in/therapywithruchika>

 YouTube Channel:
<https://www.youtube.com/@therapywithruchika>

Note- All the icons above are clickable 

