

Ankur Nag

Holistic Therapist

The curious paradox is that when I accept myself just as I am, then I can change.



Contact

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Skill

- Agile Coach (Culture and Mindset Transformation in Corporates)
- Past Life Regression Therapist
- Certified Hypnotherapy (California Institute of Hypnotherapy)
- Family Constellation Therapist
- Reiki Master
- M.D.B.F (Master Diploma in Bach Flower)
- Transaction Analysis Practitioner

Certificates & Enablers

- Certificate in Hypnotherapy from American Hypnosis Association
- Angel Therapy certification
- NLP Practitioner & NLP Master Practitioner Cert (ACCREDITED)
- Life Coaching Certification
- Mindfulness Coach
- Certificate Rogerian Counselling

Techniques

- Family Therapy
- Hypnotherapy
- Individual Session

Education Background

- Master's In Psychology (Counselling) IGNOU
- Master's in business administration SMU
- Master's in Computer Applications Kurukshetra University

About Me

Emphatic Therapist, Conscientious, Energetic Coach. Devoted to bringing spark in people's life by enabling them to bring forth their hidden talent, generate awareness about life purpose and bring their fear & insecurities on the surface so that they can witness and overcome it. I have 18 Years of Experience in IT industry, 12 Years of Experience as Coach & Therapist and Committed to promoting mental health awareness.

Professional Experience

Coach & Trainer 2013 - Present

- CMC TS, Vietnam
- Delta Corp India Ltd, Gurgaon
- Accretive Health (R1), Noida
- Infodart India Private Limited

Life Coach & Therapist 2018- 2021

- Zorba the Buddha, Delhi

Project as Freelancer 2023 - Present

- Mental Health Program (Building Mental Health app in collaboration with HannaCare Company + Complete Program for Co-opeates)
- Created Framework for Mental Health Wellbeing

Guest Speaker

- Thinking Thursday, Dr. Trupti Jayin, Past Life Regression
- Joining Hands, Money & Love
- International Systemic Constellation Association (ISCA)
- Yoga Pod, Past Life Regression (3 Sessions)
- Yoga House, Blind Spots in Relationship (2 Sessions)
- Minh Tam Community, Love Talk (10 Sessions)
- Minh Tam Community, Law of Resonance (5 Sessions)
- Sanyog Studio, Reincarnation

Personal Workshops & Programs

- Couple Relationships (2 Days)
- Conscious Partnership (2 Days)
- Travel Back in Time (2 Days)
- Money & Love (2 Days)
- Mental Health Program (3 Days)
- Inner Child Healing Program (3 Days)
- Family Constellation Program (3 Days)

Articles

- My Experiment with Coaching
- Afraid to be spiritual at workplace

Shaped more than 300 individuals by individual therapy session. Hosted more than 50 online & offline workshops and touched almost 600 lives. Observed more than 50 people on the job to assess their strength and create Individual assessment plan. Coach around 10 people personally for career counselling.