



COACHING PORTFOLIO | SURAVI GHOSH

About Me

Hello, I am Suravi, a certified coach dedicated to helping individuals over 40 navigate life transitions with greater clarity, confidence, and self-trust. My mission is to guide clients in breaking free from self-doubt, people-pleasing, and limiting mental patterns, and help them realign with their true selves. My approach blends proven mindset tools, emotional healing, and holistic methods to facilitate lasting, meaningful change.

My coaching draws from both personal transformation and extensive professional training. Having worked for over a decade as a teacher in International Schools in Indonesia and Australia, I understand the complexities of personal growth amidst professional pressures and life changes. In 2020, I transitioned into full-time coaching, pursuing intensive training through a well-known coaching institute in the US, and earned my Virtual Coach Certification in 2021.

Since then, I have deepened my practice through two years of Positive Intelligence training (2021-2024), and multiple complementary modalities, including:

- **Graphotherapy and Certified Handwriting Analyst**
- **Ho'oponopono Healing Practices**
- **Inner Child Healing Techniques**
- **Law of Attraction and Manifestation Tools**
- **Neuro-Linguistic Programming (NLP)**

I am also the **co-author of the Amazon Bestseller book on Self-Love, "Unbreakable," published in 2023**. In my chapter of the book, I share the transformative nature of practicing self-love — the key to unlocking true potential, building confidence, and overcoming life's challenges based on my life experiences. We are often conditioned to put others first, but self-love is not selfish — it's necessary.

I support clients through my structured signature program and personalized coaching containers, focusing on building calm, confidence, and alignment from the inside out.

Signature Programs

1. Aligned Living Session (60 to 90-Minute Session)

A focused session designed to help you uncover the disconnect between your current patterns and your true values. You'll gain clarity on how to realign your decisions and goals with what genuinely matters to you and walk away with practical shifts you can begin immediately.

2. Authentic Connections Session (60 to 90-Minute Session)

A one-off clarity session focused on improving personal relationships. Using reflective tools and mindset shifts, you'll identify hidden emotional patterns and learn to communicate and show up more authentically in your relationships, fostering more ease and connection.

3. Graphoanalysis for Inner Clarity (1:1 Session)

A personalised handwriting analysis session to reveal subconscious patterns, unlock inner clarity, and highlight strengths. This process includes a 15-minute introductory call to begin collecting handwriting samples, followed by submission of your handwriting via email. After analysis, we schedule a clarity call where I walk you through your hidden blocks and behavioural patterns.

Optionally includes a customised 3-4 week graphotherapy practice (available at an additional cost) to support ongoing mindset shifts and personal growth.

4. Rewire & Reinvent (10-12 Weeks)

I also offer a comprehensive signature program for those ready for a complete transformation. This flagship program is designed for individuals seeking sustainable life transformation. Through weekly coaching sessions, clients:

- Rewire limiting thought patterns
- Build unshakable self-trust
- Learn self-love practices and boundary setting
- Realign with their core values and purpose

- Develop clarity in career, relationships, health, and personal goals
- Use practical, holistic tools for long-lasting results

Client Experience Highlights

Over the years, I have supported:

- **Professional men/women in midlife transitions and helping them connect to a new meaning and purpose** (including expatriate teachers, accomplished entrepreneurs, doctors, engineers)
- **Clients dealing with people-pleasing, low self-esteem, perfectionism, and burnout**
- **Meditation practitioners and mindfulness teachers** who found breakthroughs in emotional self-regulation through Positive Intelligence coaching
- **High-performing entrepreneurs** who cultivated comfort in solitude and inner calm despite external demands

My clients report:

- Reduction in anxiety, stress, and self-judgment
- Improved self-awareness and ability to set healthy boundaries
- Increased calm, focus, and emotional resilience
- Reconnection with self-love and personal joy

Selected Client Testimonials

“A super mentor with profound knowledge and experience of coaching. The tools she uses to bring the best out of you are world-class. She is full of positive energy and takes you there within minutes. The best mentor and coach I can easily say. She will not leave you until you get what you expect from yourself. Her knack of enjoying your every small win makes you feel so inclusive. I would highly recommend the course with her.”

— Amit Arora, Business Coach

“I connected with Suravi for the first time in March of 2021 as we underwent our Positive Intelligence Coach Training. It has been four years since then. Over these years, I have witnessed closely how Suravi has been transforming lives. Her innate desire to help

others and be there for them by generously giving her time and wisdom is what sets her apart. She has vast experience spanning across industries. Has lived and travelled across the globe. Despite numerous credentials continues to learn and grow. She is an inspiration. She is the wind beneath my wings! I strongly recommend her as Coach for those seeking to really work on themselves and make an impact on others around them.”

— Dr Shamim Suryavanshi, PQ Coach, Author and Entrepreneur

“As a busy entrepreneur, I had always been surrounded by people, tasks, and constant movement, so I never felt truly comfortable being alone. My coaching journey with Suravi changed that. I not only discovered how to enjoy quiet moments and quality time with myself, but I also found a deeper sense of inner peace and clarity. I now feel far more grounded, balanced, and in tune with myself, which reflects beautifully in both my personal and professional life.”

— Nivedita Dasgupta, Entrepreneur/ CEO/ Managing Director of a multinational company

“I recently had a session with Suravi Ghosh, a longtime friend, and she did a handwriting analysis for me. Honestly, when I sat back, I realized Suravi was at least 98% correct in her analysis. A few traits she identified, which I suppose were in my subconscious mind, but I never acknowledged them, as I was unaware. She was showing a mirror of myself. I am so glad I went through this session with her and would highly recommend others to have similar sessions with her.”

— Rini Chakravorty, Vice President - Private Banking

“Having you as my graphology coach has been fantastic. I never imagined how tools and techniques like these could help people overcome inner obstacles, build mental flexibility, and unlock boundless potential. Thanks to your guidance, my listening skills have improved significantly—I now approach conversations with more patience and understanding. My swimming has also progressed as I've learned to notice and surpass my previous limitations. You've helped me express my thoughts openly and respectfully without holding back. I am grateful for all these positive effects and plan to continue practicing what I've learned to see even more benefits. I highly recommend your coaching to anyone seeking personal growth and success. Thank you for this

transformative experience!”

— Dolly Karmakar, H.R. Professional

“Suravi helped me identify my dominant saboteurs, build self-command, and establish strong personal boundaries. I shifted from people-pleasing to practicing self-love and living with more intention.”

— Tara Banerjee, Chief Engineer and Meditation Teacher

“My daughter, Oishi, and I are very grateful to you for introducing us to a novel programme that has helped us in many ways. Theoretically, maybe we knew how we were being sabotaged by our saboteurs, but pinpointing our Saboteurs to us was really an eye-opener. Teaching us to control the saboteurs through PQ reps practice and replacing them through various methods by Sage intentions really helped us and will continue to help us navigate through negative situations. It has helped us a lot in maintaining balance and peace of mind. It has helped us stay calm and relaxed. Instead of reacting, we are responding more to adverse situations. It has improved our interpersonal relationships significantly. We are still continuing the practices of PQ reps, and we feel that our muscles are growing day by day. We hereby thank you for your persistence and your weekly interactions with us. Your gentle reminders helped us maintain regularity, which was somewhat faltering in our part in the initial days of the program. Once again a big Thank You for introducing us to such a nice programme and guiding us through this.”

— Dr Manjushri Ganguly, Head of the Psychiatrist Department and Owner of a Hospital

— Dr Oishi Ganguly, Intern

Why Work With Me?

- Unique blend of science-backed methods (PQ, Graphotherapy, NLP) and gentle healing tools like Ho’oponopono
- Co-author of an Amazon Bestseller on Self-Love
- Personalized attention with a high-touch coaching style
- Deep understanding of cross-cultural transitions and professional pressures
- Practical and heart-centered guidance to help you thrive in your next chapter

Let's Connect.

If you are ready to transition from self-sacrifice to self-leadership, from overwhelm to inner calm, I'd love to connect. You can book a complimentary discovery session to explore how we can work together.

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Suravi Ghosh | Inner Clarity & Reinvention Coach

Release old patterns. Reconnect with who you're meant to be.