

# Portfolio



Hello, I am  
Jyoti Kankar.

*CERTIFIED LIFE COACH | CONSCIOUS PARENTING & KIDS COACHING  
| RELATIONSHIP COACH | HAPPINESS COACH*

**Founder @ MindsPrism | Lecturer | PGT Commerce Teacher**

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# About Me

Languages: Hindi, English

I am a passionate and dedicated **Certified Life Coach** specializing in **Conscious Parenting, Relationship Coaching, Happiness Coaching**, and holistic **Life Coaching**.

As the founder of MindsPrism, my mission is to guide individuals and families toward a more fulfilling and harmonious life. My coaching methods are deeply rooted in transforming belief systems and thought processes, helping clients from all walks of life, especially children and parents, achieve greater clarity, peace, and happiness.

**Conscious Parenting Coaching** is at the core of my work. I help parents understand and connect with their children on a deeper level, fostering a nurturing environment where both parents and children thrive. My **Relationship Coaching** sessions focus on strengthening bonds, improving communication, and resolving conflicts, allowing individuals to build healthier, more fulfilling relationships. As a **Happiness Coach**, I empower clients to discover their true joy, guiding them through personalized techniques that promote long-term happiness and well-being. Overall, my comprehensive **Life Coaching** services are designed to help clients unlock their full potential, achieve their goals, and lead a balanced, meaningful life.

Over the years, I have conducted **over 2,000 sessions** and facilitated more than **300 workshops**, earning numerous testimonials that highlight the life-changing impact of my coaching. These testimonials are available on the MindsPrism website.

# Professional Experience:

## Founder @ MindsPrism

Established MindsPrism, a specialized coaching platform focusing on **Conscious Parenting Coaching, Relationship Coaching, Happiness Coaching, and Life Coaching.**

Conducted over **2,000 coaching sessions** and led more than **300 workshops**, positively impacting countless individuals and families.

My **Conscious Parenting Coaching** has helped parents cultivate strong, empathetic relationships with their children, leading to more harmonious family dynamics.

Through **Relationship Coaching**, I have guided clients in building healthier, more connected relationships, enhancing communication, and resolving conflicts effectively.

As a **Happiness Coach**, I have empowered clients to discover lasting joy and satisfaction, using techniques tailored to their unique needs.

Client testimonials, available on the MindsPrism website, reflect the profound, transformative results of these coaching sessions.

Recognized with the Women's Excellence Award 2023 for my contributions to life coaching.

## PGT Commerce Teacher | Army School, Bikaner | 2003-2004

Taught Accounts, Statistics, and Business Management to students in grades 11 and 12.

Fostered a disciplined and motivating learning environment, leading to all 12th-grade students securing first-division marks in accounts.

Received commendation from the Principal for outstanding teaching performance.

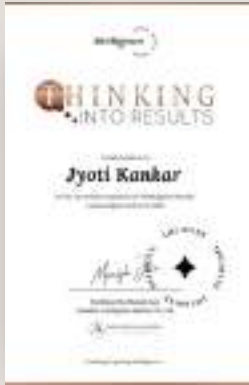
## Lecturer | Jyoti Nivas College Autonomous, Bangalore | 2007-2008

Lectured on Accounts and Business Administration to commerce students.

Developed strong relationships with students, earning their affection and respect.

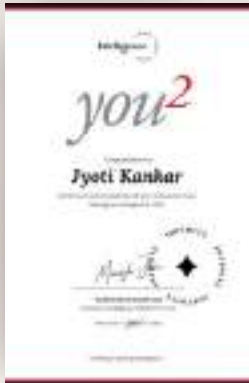
Created engaging and impactful lesson plans that enhanced students' understanding of complex subjects.

# Achievements:



**Women's Excellence Award 2023**  
– Life Coach


**Women's Excellence Award 2023 –**  
Recognized as an outstanding Life Coach.



  
**300 +**  
Workshops

**Top Teaching Voice –**  
Acknowledged for excellence in teaching and coaching.



  
**Helped 2k +**  
Parents

**Top Stress Management Voice –**  
Recognized for expertise in stress management.



**Badge**  
Linekdin honour

**Top Mindfulness Voice –**  
Celebrated for contributions to mindfulness practices.

**Top Personal Development Voice –**  
Known for impactful personal development coaching.

**LinkedIn Badge –**  
Honored with a special badge by LinkedIn for professional achievements.

# Education & Certifications:



**M.Com. –**  
Maharshi Dayanand Saraswati University, Ajmer, 2003



**M.Phil in Finance –**  
Sri Venkateswara University, Tirupati, 2009

**Thinking into Results –**  
Proctor Gallagher Institute, December 2022

**You2 and Quantum Strategy –**  
August 2023

## Our Services :

# Conscious Parenting & Kids Coach

# Relationship Coach

# Parenting Coach

# Happiness Coach

## Client Testimonials :



# Let's work together!

## CONNECT WITH US!