**SAJANA BINIL**  
Life Coach | Counselor | Mindset & Focus Expert

**Contact Information:**  
Phone: +919619194426  
Email: Sajana.binil@gmail.com  
Website: Wiseowl.coach

**Professional Summary**

Passionate and results-driven **Life Coach and Counselor** with a deep commitment to helping individuals transform their relationships, mindset, and focus. With over **two decades of experience in coaching and mentoring**, I specialize in guiding professionals and individuals through personal and emotional challenges, helping them overcome **relationship issues, self-doubt, overthinking, fear, and procrastination**. My structured coaching methodologies empower people to **achieve clarity, emotional resilience, and deep focus**, enabling them to design a fulfilling personal and professional life.

**Key Areas of Expertise**

✔ Relationship Coaching – Healing broken relationships, improving communication, and fostering emotional intelligence.  
✔ Mindset Transformation – Overcoming fear, self-doubt, limiting beliefs, and developing a success-oriented mindset.  
✔ Deep Focus Development – Enhancing concentration, overcoming distractions, and achieving peak productivity.  
✔ Emotional Healing – Guiding individuals through stress, anxiety, and past traumas to build inner peace.  
✔ Career & Personal Growth – Helping professionals break free from stagnation and design a fulfilling life.  
✔ Law of Attraction & Manifestation – Teaching individuals how to align their thoughts and energy for success.

**Professional Experience**

**Life Coach | Counsellor**

*2021 – Present*

* Conduct 1-on-1 coaching sessions to **help individuals navigate personal and professional challenges**.
* Designed structured programs focusing on **relationship healing, self-discovery, and confidence building**.
* Host **group workshops and webinars** on emotional intelligence, mindfulness, and deep focus techniques.
* Guide professionals through **career and mindset shifts** using scientifically proven methods.
* Use **cognitive-behavioral techniques, meditation practices, and neuroscience-backed strategies** to help clients achieve transformation.

**Mindset & Emotional Intelligence Trainer**

*2018 – Present*

* Trained **working professionals, entrepreneurs, and students** on **emotional intelligence and personal mastery**.
* Created **customized coaching plans** to help individuals break free from limiting beliefs and self-sabotaging behaviors.
* Helped individuals overcome **relationship blocks, anxiety, and trust issues** through structured counseling.
* Integrated **mindfulness, NLP, and positive psychology techniques** to enable lasting transformation.

**Career & Relationship Coach**

*2015 – Present*

* Coached individuals on **nurturing healthy relationships, conflict resolution, and building trust**.
* Assisted professionals in finding clarity and purpose in their careers through **goal-setting and mindset realignment**.
* Helped individuals struggling with **self-worth issues, fear of failure, and stress management**.
* Conducted online programs on **manifesting success using Law of Attraction techniques**.

**Education & Certifications**

✔ Certified Life Coach – ABNLP  
✔ Certified NLP Practitioner – American Board of Neuro Linguistic Programming  
✔ Emotional Intelligence Trainer – International Coach Federation

✔ Law of Attraction Coach – Mitesh Khatri   
✔ Bachelor's/Master’s Degree in Science – Mumbai University

**Workshops & Programs Conducted**

⭐ **Unlock Your True Potential** – A transformational seminar on self-discovery and confidence building.  
⭐ **Healing Relationships** – A structured program focused on restoring trust and emotional connection.  
⭐ **Deep Focus Mastery** – Techniques to develop laser-sharp concentration and peak productivity.  
⭐ **Mindset Makeover** – A program helping individuals overcome fear, anxiety, and self-doubt.  
⭐ **Manifest Your Dream Life** – A Law of Attraction-based workshop for personal and professional success.

**Client Testimonials**

*“Sajana’s coaching helped me rebuild my confidence and heal my relationship with my spouse. Her guidance was life-changing!”*

*“I struggled with self-doubt and overthinking, but after working with Sajana, I developed unshakable focus and clarity.”*

*“Her deep insights and structured techniques helped me let go of my fears and manifest my dream career!”*