



**SHWETA  
KULKARNI**

BECOME A CERTIFIED  
**mindful lifestyle coach**

[www.shwetakulkarni.com](http://www.shwetakulkarni.com)



This **Mindful Lifestyle Coach** certification is a comprehensive training program designed to equip interested individuals with the skills, knowledge, and international credentials needed to guide others in cultivating mindfulness and integrating it into their daily lives. You will learn how to effectively teach mindfulness principles and practices to individuals and groups. You will explore different mindfulness techniques and strategies for incorporating mindfulness into different areas of life, like relationships, career/work, and personal development. Throughout the certification process, you will receive practical training, mentorship, and feedback to develop your coaching skills. You will learn how to configure mindfulness practices to meet the unique needs and goals of you future clients in a systematic structured way in accordance to International Coaching standards.



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Workshop/Training – 10 hours

Platform – Online

Title – **Certified Mindful Lifestyle Coach**

Upcoming Workshop Details:

Dates – **Coming soon....**

Time – **To Be Decided....**

Your investment is \$249

**INR 20450/- only**

This certificate is valid globally & you can coach clients internationally online & offline. This is a **perpetual investment.**



**SHWETA  
KULKARNI**



**Professional Trainer & Speaker, Mindfulness Advocate,  
Education Specialist for ZUMBA, Content Creator, Podacster**

As a vibrant individual I have always been on a journey of reaching my personal best which has given me opportunities to learn about myself and become a better person every day at everything that I do. I am an Architect by education. But having immense passion for dance & fitness brought me to become a licensed Zumba Instructor. I further accepted an opportunity to become a trainer/education specialist for Zumba Fitness LLC based in Miami, Florida, USA and till date I have mentored over 3000 individuals towards their desired goals. As a continuous learner, I followed my passion to become an ICF certified Health and Fitness Mindset coach, Mindfulness coach, PCC coach & certified Professional Trainer & Presenter. I have been grateful to train and mentor individuals, organizations and communities to perform their best and achieve their personal as well as business/career goals. My motto is to empower individuals & you must "Invest in Yourself".

*For all questions & doubts WhatsApp to 7350000306*



# **What will you learn this this workshop?**

What is Mindfulness

The history of Mindfulness

Why Mindfulness works

What is Mindful Lifestyle

Why become a mindful lifestyle coach

Who is this coaching certification for

Qualities of a coach

ICF core competencies

Understanding yourself

Mindfulness meditations

Letting go activities

Daily affirmations activities

Understanding different states of mind

Law of attraction

Law of manifestation

Etiquettes for efficient communication

Your coaching format – steps to conduct a coaching conversation

Group session coaching format – steps to conduct a group session

Your scope as a Mindful Lifestyle Coach & future growth

Business Mastery, Resources

**BONUS – 2 FREE Personalized & Customized  
coaching sessions by Shweta Kulkarni to grow  
your career as a Certified Coach**