

Sadaf Hossain

Qualification: MSc. Psychology

Experience: 2+ years as a Counseling Psychologist and 1+ years as a Wellness Coach

Languages: English & Hindi

Forte: Mental health counseling, Employee Well-Being, Stress Management, Time Management, Transformational Coaching, Grief Counselling

"I am a Counseling Psychologist and Wellness Coach. With my roots in Humanistic and Positive Psychology, I believe that every individual has the ability to transform and I strive to cultivate 'curiosity' within others - Curiosity to learn about themselves, recognize their true potential and explore their own path."