

# Fesha Jalan

**Qualification:** PGD in Psychological Counseling skills

**Experience:** 6 years

**Languages:** English & Hindi

**Forté:** Anxiety, Personal Development, Relationship management, Depression, Life Stressors and Talk Therapy

"I believe there is no "one size fits all" approach to therapy. Your story, pain & your collection of struggles are unique to you. I will spend time understanding what you are experiencing & what the underlying reasons for it are so that when you start making conscious changes in your life, they stick.

Transformation occurs when we are uncomfortable but that doesn't mean that you have to go through it alone. Allow me to be a part of your journey towards healing & growing