Khushboo Choudhary

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SUMMARY:

Wellness professional with focus on holistic health, offering guidance in mindfulness practices. Adept at creating personalized wellness plans and providing ongoing support to clients to achieve balanced lifestyles. Skilled in conducting workshops and one-on-one sessions, fostering positive environment for growth and self- improvement.

SKILLS:

- Health promotion strategies
- Promoting healthy behaviors
- Verbal communication
- Basic counselling techniques
- Psychology background
- Life transition coaching
- Change management guidance
- Wellbeing program development
- Stress reduction exercises
- Confidentiality assurance
- Nutritional knowledge
- Holistic healing practices through optimum results
- Awareness raising
- Creating trusting environment
- Fitness assessment

WORK EXPERIENCE:

- The Sunrise Academy as School counsellor (trainee) from 15 Jan 2022 to 14 Jan 2023.
- Maharishi Arvind University, Jaipur as Counsellor from 01 March 2023 to 25 Feb 2025.
- SMS Medical College, Jaipur internship from 01 March 2025 to 30 April 2025.
- Wellness Coach with a Global Brand – 6 years

Key responsibilities areas:

- Develop and implement customized wellness plans according to the need, resulting into increase in client satisfaction.
- Promoted a holistic approach to life coaching, addressing both mental and physical aspects of well-being by Conducting workshops, presentations and health talks through zoom.

- Conducted one-on-one sessions to identify clients' goals, strengths, and areas for development.
- Utilized a range of coaching techniques to motivate and inspire clients towards achieving their objectives.
- Evaluated client satisfaction through feedback, continually improving service quality based on responses.
- Monitored client progress through regular follow-up sessions, adjusting strategies to optimize results.
- Organized wellness workshops and seminars, educating on various health topics including stress management and nutrition.
- Established a supportive and trusting environment, encouraging open communication and self-discovery.
- Implemented mindfulness and positive psychology practices to enhance clients' well-being and life satisfaction.
- Collaborated with clients to overcome obstacles and develop resilience in the face of challenges.
- Coordinated with local community centers to promote wellness initiatives, expanding programme reach and impact.
- Advocated for a balanced approach to wellness, combining physical activity, nutrition, and mental health strategies.
- Offered support and guidance in setting realistic health goals, ensuring clients remained motivated and accountable.

EDUCATION:

- **Masters in Clinical Psychology**
- **MBA, BITS Pilani.**
- **Food Safety Supervisor (Govt. of India - FSSAI)**
- **Food Processing Digital Literacy Certificate (Govt. of India - Food Industry Capacity & Skill Initiative)**
- **Schooling: AIR FORCE SCHOOL, JAIPUR**

LANGUAGES:

- **ENGLISH**
- **HINDI**
- **RAJASTHANI**

ACCOMPLISHMENTS:

- Won Gold at National level Science Aptitude Test - Air Force School, Jaipur
- Won Gold in State level painting competition.
- Gave seminars and presentation in college and afterwards.
- Won Gold in Leadership and Team Simulations arranged by Harvard Business School, Massachusetts held at BITS Pilani.

HOBBIES & INTERESTS:

- **Bhangra**
- **Paintings**
- **Listening to Indian Classical Music**
- **Playing Badminton**
- **Happy to help people.**

MY WORK PHILOSOPHY:

- Life's highest purpose is found in serving others, giving meaning and direction.
- Being a Part of the solution.
- Be at it and Beat it.