

# Get Empowered With SENDHOORI



## ABOUT ME

Hi !!!

I am sendhoori Hemantharaj, founder of “GRABAGS” and “NURTURE WOMEN”, a certified life coach and internationally certified childbirth educator dedicated to empowering individuals to achieve their personal and professional goals.

With specialised expertise in areas such as personal development, goal setting, and limiting beliefs, I combine empathy, practical strategies, and a commitment to helping individuals unlock their full potential through personalised coaching sessions, I mentor individuals and pregnant women on a transformative journey towards fulfilment and success and also to experience positive birthing !!



**TRUE HAPPINESS  
IS WITHIN !!**

---

**Contact Us For  
More Info**

- ☎ 9500546428
- 📍 120-3 Easwar nagar, komarapalayam
- ✉ sendhuselva@gmail.com





## WHO DO I EMPOWER?

As a life coach, my mission is to empower women to rise above societal and cultural limitations that often suppress their true potential. In a society deeply rooted in patriarchy, many women struggle to protect their self-respect and express their emotions freely. This suppression leads to inner turmoil, emotional suffering, and a loss of identity.

I guide women in navigating their emotions, helping them release deeply suppressed feelings and develop the emotional resilience needed to embrace their authentic selves. Through a holistic approach incorporating mindfulness, positivity, and self-awareness, I enable them to build a strong foundation of self-worth and confidence.



# THE ULTIMATE COACHING PACKAGE

**6 WEEKS  
ONE-ON-ONE  
EXCLUSIVE  
WEEKLY LIVE COACHING**

## SUMMARY

- Each session is 1 hour long, designed to address your specific needs and goals.
- Ongoing support and check-ins via WhatsApp to keep you on track.
- A detailed post-session report to monitor progress and ensure effective follow-up.

**LET'S WORK TOGETHER**

**TOTAL VALUE  
Rs,22000**

**YOUR INVESTMENT  
Rs,9999**



# HOW IT WORKS

**01**

## BOOK A FREE CLARITY CALL

Book a free 30-minute one-on-one call with me and let's find out together if you will need my service

**02**

## SIGN THE CONTRACT

Once you decide to enroll, you will need to sign a contract with my company

**03**

## PAY YOUR INVESTMENT

All modes of payments are available to ease your process of payment. We take 100% payment before starting the service

**04**

## COACHING

Once all processes are done, we will begin our coaching journey. My team will help you schedule calls according to both our convenient timings.

## OFFICE HOURS

Mon - Fri 9:00am - 5:00pm IST

saturday 9:00am - 1:00pm IST

WEBSITE: [www.sendhoori.com](http://www.sendhoori.com)

social media: @nurturewomen\_sendhoori

