



# minu anna mathew

MINDWELLNESS SPECIALIST - LIFE COACH - NLP GRAND MASTER - HYPNOTHERAPIST - MOTIVATIONAL SPEAKER - TRAINER

>>>



A radiant soul devoted to the art of healing and self-discovery. Drawing from her profound knowledge and understanding of Child Development, and her extensive tenure with the Indian Army wives' welfare association spanning over 17 years, Minu has been a guiding light for countless women and children. Her mentorship was a holistic embrace, touching on crucial aspects of life, like healthcare, financial management, legal rights, personal growth, and the delicate art of work-life balance. With a career spanning many enriching years, she has become a beacon of guidance for those seeking solace and empowerment.

Minu's compassionate counselling, enlightened life coaching, mastery in Neuro-Linguistic Programming, and the gentle touch of hypnotherapy create a harmonious blend that resonates with the hearts of those she touches. Beyond her professional roles, Minu's voice as a Motivational Speaker echoes with inspiration, fostering a profound sense of hope and courage. In every interaction, she crafts a sanctuary for personal growth, inviting individuals to embark on a journey of self-love, resilience, and profound transformation.

### EDUCATION

MSc (Child Development) | MSc Counselling & Family Therapy | PG Diploma in Life Skill Education | B.Ed (Natural Science) | B.Sc (Home Science) | Diploma in Counselling Psychology | Certificate in Clinical Hypnotherapy | Grand Masters Certificate in NLP (Neuro Linguistic Programming) | Certificate in YATP (Youth Animators Training Programme) | Certificate in Training Counsellors and Psychotherapists | Certificate in (POSH) Prevention of Sexual Harassment at Workspace

### ORGANIZATIONS

- + Member in BCM Old Students Association.
- + Member of ASTA and ACTH of St. Teresa's College Ernakulam.
- + Board Member, Young Women's Christian Association (YWCA), Ernakulam.
- + President YsMen's Club, Kizhakkambalam, Ernakulam.

### ACHIEVEMENTS

**University Union Counsellor** - MG University 1998 & 1999 | **College Union Chairperson** - BCM Kottayam, 1999 & 2000 | **Best All Rounder** (Kalathilakam) St Peter's Training College - 2007 | **Best Actress** - MG University - 2002 | **Best Performer** - St. Teresa's College, Ernakulam 2000 - 2002 | **Best Outgoing Student** - Department of Home Science, St. Teresa's College, Ernakulam 2000 - 2002 | **Best Performer** - BCM College, Kottayam 1997 - 2000 | **Best Outgoing Student** - Department of Home Science, BCM College, Kottayam, 1997 - 2000 | **Mono Act** - MG University Winner consecutive 5 years (1997 - 2002) | **Mime** - South Asian University Youth Festival (Conducted by SAARC) Winner 2000 & South Indian University Winner 1999 | **One Act Play** - National Winner 1998, South India Winner 1997 & University Winner 1997, 2000 & 2001

Minu Anna Mathew served as a resource person in "Arise & Shine" jointly organised by Association of Psychologists of Andaman & Nicobar Islands and Sacred Heart College, Tamilnadu, "E-Cube" webseries organised by Atmamitra; centre for psychological counselling, guidance & training Kerala and many more...

**LANGUAGE:** English, Hindi & Malayalam - (Full Professional Proficiency)



*empowering minds  
transforming lives*

## services

*Unlock the door to personal transformation with a range of services tailored to meet your unique needs:*

**Psychological Counselling:**

Navigate through life's challenges with personalized counseling sessions designed to address specific issues and promote emotional well-being.

**Life Coaching:**

Set and achieve meaningful goals, enhance your personal and professional life, and cultivate a mindset for success through personalized coaching sessions.

**NLP (Neuro Linguistic Programming):**

Harness the power of your mind to overcome limiting beliefs, reshape thought patterns, and achieve personal excellence through NLP techniques.

**Hypnotherapy:**

Explore the potential of your subconscious mind to break free from unwanted habits, manage stress, and achieve personal transformation through hypnotherapy sessions.

**Motivational Speaking:**

Inspire and empower your audience with engaging and impactful motivational talks. Book Minu Anna Mathew for conferences, workshops, and events that drive positive change.

**Training Programme:**

Enroll in our life coaching and training programs designed to equip you with the skills and knowledge for personal and professional success.

---

Minu Anna Mathew  
Kalarikkal House, Kizhakkambalam Post  
Ernamkulam District, Kerala - 683 562, India  
Phone: +91 97785 18501  
Email: [minuannamathew@gmail.com](mailto:minuannamathew@gmail.com)  
Web: [www.minuannamathew.com](http://www.minuannamathew.com)

---