

**Good Health is the perfect balance of the physical, mental and spiritual state of an individual.**

# Want Relief...??

- ❖ Irrational fears
- ❖ Exam phobia
- ❖ Interview fear
- ❖ Managing Anger
- ❖ Bad habits
- ❖ Misconduct
- ❖ Low esteem and self confidence
- ❖ Excessive mental pressure
- ❖ Learning disabilities
- ❖ Love affairs
- ❖ Public addressing
- ❖ Kids and teenagers mental issues
- ❖ TV, video, cell phone & internet addiction



Psychological research reveals that individual behaviour is shaped from life experiences and the environment, one lives in. Our fundamental behaviour is shaped by the age of 8 onwards. As in a computer is programmed for certain functions, so is our nervous system, behaviour and attitudes designed and manifested.

Our physical, mental and spiritual growth can be re-engineered through 2 to 4 session of individual consulting. The Counselling session is scientifically and objectively designed for children and adults to set their career and life goals. We have chosen prestigious and competent Psychiatrists, Psychologists, Counsellors and Clinical Mentors to serve you better.



- Exclusively designed counselling packages as per the clients needs.
- Family Counselling.
- Education and Exam Counselling.
- Students, Teenagers and Parents Counselling
- Stress Management.
- Marital Counselling.

**Our Counselling session will resolve and find solutions for a lot of issues that we face.**

**For Appointments, please contact:**

**JAZ HR CONSULTING Pvt. Ltd.**

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