



ASHMI DEWAN

Psychologist, Certified Career Analyst, Educator

PROFILE

Spreading awareness on Mental Health, Career Counseling and making therapy accessible for everyone. As more people pursue therapy this in turn will help remove the stigma surrounding seeking professional help.

Encouraging people to develop self-awareness, connecting with their roots and culture to derive wisdom that can facilitate a better quality of life.

Ashmi's weekends and free hours are spent in gardening, reading, watching positive content, learning Spanish, parapsychology, occult sciences, global politics, stock market, meditation, painting, animal welfare and pursuing spiritual interests.

CONTACT

PHONE:

+91-8700539274

Instagram Handle

https://www.instagram.com/ashmi.dewan?igsh=MTFoNGx1cHluNWptMw==&utm_source=qr

Other Links:

<https://www.linkedin.com/in/ashmi-dewan-2245117>

<https://www.ashmidewan.com>

<https://www.swellcast.com/ashmi>

EMAIL:

mentalhealthfirst.ashmi@gmail.com

BIO

Ashmi is a qualified Psychologist, Certified Career Analyst and an Educator. She has an experience of over 15 years. She has successfully conducted various interactive workshops/sessions for students, parents and teachers and brought about a positive change in the lives of many. She has been using her education in psychology and testing to help people improve their personal and professional lives.

Ashmi works as a psychologist and uses Neethling Brain Instrument to understand how a person thinks and thus behaves. She has delivered one on one sessions to help people develop their whole brain and using each quadrant in the brain to its full potential. She integrates Emotional Freedom Technique (EFT), meditation, and various psychological modalities to support her clients' healing and growth.

She successfully leads courses on stress management and gardening, believing that working with soil helps foster grounding and balance. Ashmi also offers courses on "Nutrition and Mental Health", as well as programs like "Youthful Living: The Mental Health Connection," focusing on the connection between physical and mental well-being.

Ashmi uses Psychometric Tests to evaluate: Personality, Interest, EQ, Values, Skills and Abilities, Styles of learning. The reports give a person better self-awareness and a clarity on areas that have a scope for improvement or need attention. This ultimately translates into improving performance at work, improving personal relationships and getting better at achieving academic goals.

She also enjoys recording podcasts and loves posting content related to psychology and career counselling. Talking about taboo subjects in fields of psychology, hypnosis, parapsychology, religion and spirituality is something she is passionate about.

KEY SKILLS

Ashmi's Key skills include guiding clients in detaching from toxic relationships, overcoming procrastination, managing negative thoughts, and improving low self-esteem and motivation. She also provides couples therapy, helping partners integrate better in their relationships. Other areas of expertise include stress management, sex education, breakup and divorce therapy, LGBTQIA+ counseling, life coaching, and self-awareness coaching. Additionally, she offers meditation courses and training programs on stress management, as well as coaching for online women owned businesses by her courses such as – Insta Like A Pro, Online Business Strategy, Canva Creatives, Generate Your Own Leads etc