

DR. NIRJA UPADHYE

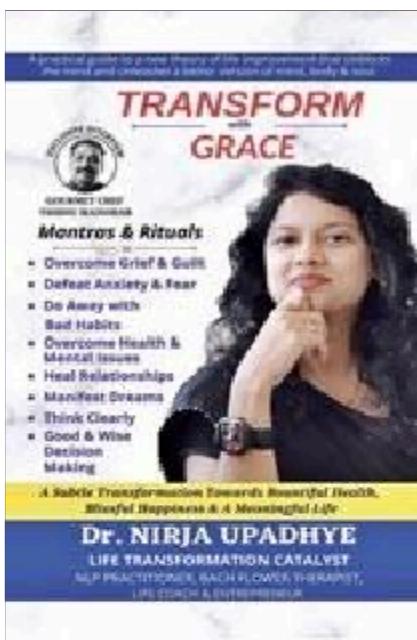
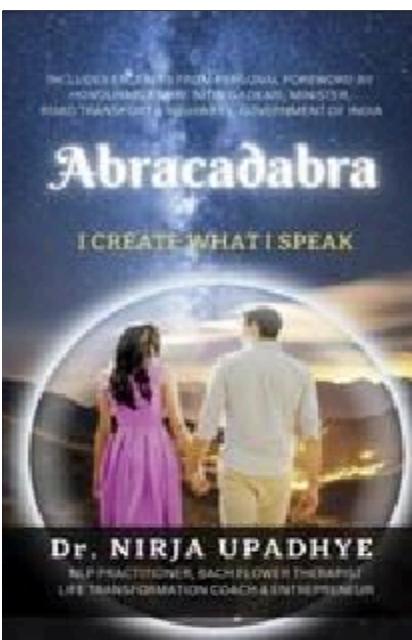
A BEACON OF TRANSFORMATION AND HOLISTIC WELL-BEING



Nirja Upadhye is a transformative force whose diverse expertise has profoundly impacted countless lives. As a Life Transformation Coach, Author, NLP

Practitioner, Entrepreneur, Flower Therapist, Trainer, and Speaker, she dedicates her career to fostering personal growth and fulfilment. Her acclaimed books, "Abracadabra: I Create What I Speak" and "Transform with Grace," have been praised by prominent figures such as Hon'ble Minister, Road & Transport Shri. Nitin Gadkari and Renowned Celebrity Chef Shri. Vishnu Manohar. She also writes various articles in newspapers and her books are available on Amazon. Beyond her writing, Dr. Nirja shares her insights through social media and has significantly influenced both corporate and academic spheres, including her role as Head of the Department at an international university. Her ventures, Lifepreneur Nirja, Niyaara Herbals, and Mystic Vibes, highlight her commitment to holistic well-being and financial independence. With over a decade in the field, her unique programs and positive energy inspire individuals to reach their full potential, making her a cherished guide in personal and professional development. Dr. Nirja offers life transformation services, including her flagship "Life Improvement Program", a 3-month journey to achieve personal and professional growth through personalized coaching, tailor-made techniques, and proven strategies. With additional services like one-on-one coaching, group workshops, and online courses, Dr. Nirja helps individuals unlock their true potential. Connect with her on Spotify, YouTube, and Instagram @ZindagiUnfiltered by Lifepreneur Nirja, and experience the magic of transformation.





SOME Q AND A WITH DR. NIRJA UPADHYE:

Q. What inspired you to create LIFEpreneur Nirja?

■ Dr. Nirja Upadhye: "What inspired me to create Lifepreneur Nirja, a life transformation coaching platform, was the realization that every individual holds immense potential within them, waiting to be unleashed. Over the past decade, I've witnessed countless people struggle with self-doubt, unfulfilled dreams, and life's inevitable challenges. Yet, in each of these moments, I saw the spark of possibility and the power of transformation. My journey has been one of constant learning, growth, and a deep-seated belief in the power of positivity and the magic of our thoughts."

Lifepreneur Nirja was born from this conviction and a heartfelt calling to help others navigate their paths with grace and confidence. It aims to empower people to lead more fulfilling lives through tailor-made programs and unwavering support, blending my experiences, expertise, and desire to make a positive impact."

Q. How do you help people transform their lives?

■ Dr. Nirja Upadhye: "At Lifepreneur Nirja, we specialize in helping people transform their lives through deep connections and understanding their unique journeys. We reset minds, thoughts, and perspectives, guiding individuals toward fulfilling personal and professional lives. Recognizing each person's unique background, we design tailored techniques and programs to meet their needs and aspirations. We address gaps left by traditional education, such as harnessing the power of the mind, thoughts, and emotions, through innovative sessions and packages. By teaching how to use the mind to transform reality, we foster resilience and positive thinking. With over a decade of experience, Dr. Nirja's methods offer personalized guidance that shifts perspectives and instills lasting positivity. Lifepreneur Nirja is a transformative journey toward self-discovery and growth, with clients describing their experience as life-changing."

Q. What's one key advice for readers to overcome obstacles and achieve their dreams?

■ Dr. Nirja Upadhye: "One key piece of advice I offer to readers seeking to overcome obstacles and achieve their dreams is to harness the magic of their thoughts and embrace the power of a positive mindset. Understand that every challenge is an opportunity for growth and that your perspective shapes your reality. Connect deeply with yourself, identify your unique strengths, and reset your mind to focus on possibilities rather than limitations. Tailor your approach to your own life journey and remember that while schools may not teach you how to use your mind and emotions effectively, you have the power to learn and transform. Embrace tailored techniques that work for you, and seek guidance from those who can see your potential and help you unlock it. Believe in the transformative power within you, stay resilient, and always remember that with the right mindset and support, you can turn your dreams into reality."

ACHIEVEMENTS, WORK DONE AND INSPIRATION

Books:

Authored multiple impactful books, including the most prominent:

- "Abracadabra: I Create What I Speak"
- "Transform with Grace"

Achievements:

- Transformed lives of individuals from diverse backgrounds.

- Recognized for unique transformation methods, with positive Google reviews and word-of-mouth.

- Conducted impactful workshops & seminars.

- Authored well-received articles on life transformation.

- Designed wellness programs for organizations, enhancing employee well-being.

- Mentored aspiring life coaches.

- Received professional accolades and awards.

Awards:

- Achiever's Award: Magic Book of Records

- Inspiring Women Award: HerStory.

- National Woman Pride

Award: NB Gyanpeet 2023.

● Inspiring Women of Nashik: Lokmat, 2022, graced by Mr. Deepak Pandey and Mrs. Sunanda Pawar.

● Real SuperWoman Award: Life Coach, Motivational Speaker and Trainer, 2021.

● Iconic Change Maker of the Year: Incredible Indian Awards, 2022.

● Bhartiya Seva Gaurav Samman: India Book of Records, 2024.

● Inspiration Award: Herstory Times, 2023 and 2024.

Speaking Engagements:

- Resource Speaker: Lokmat Pathshala Tech Week '21.

- Speaker: Week-Long Training on "Personal Development" by Dr. Modak Res. Center & Navchetana Samiti, Nasik, 2021.

- Communication Skill Soft Skills Trainer: For corporates & institutes

- Guest Speaker: All India Radio, featured in multiple episodes.