

DR. VANISHREE S V:

Buoying Individuals on their Path to Emotional Well-being and Personal Growth

In recent years, India has witnessed a surge in the popularity of life coaches, and their importance in personal development cannot be overstated. As individuals grapple with modern-day challenges and seek fulfillment, life coaches offer valuable guidance and support. These professionals empower their clients to set clear goals, overcome obstacles, and unlock their true potential. In a fast-paced society, life coaches serve as mentors, providing personalized strategies for achieving success, happiness, and overall well-being. Their profound impact on mental health, career choices, and relationships has positioned them as crucial allies in the pursuit of a fulfilling life.

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Dr. Vanishree, a successful dermatologist, found herself drawn to this profession during the challenging times of the COVID-19 pandemic. Though her background lay in dermatology, her interactions with patients revealed a deeper need for emotional support and healing. These encounters opened her eyes to the fact that people needed more than just medical treatment – they required a holistic approach to healing, addressing their emotional and mental well-being as well.

Driven by her innate desire to help people emotionally and uplift their spirits, Dr. Vanishree decided to delve into life coaching. This realization led her to become a certified life coach, helping individuals achieve emotional well-being and personal growth. Her unique selling point lies in her expertise as a positive psychology life coach. She harnesses the power of positive psychology and neuro-linguistic programming to empower her clients. By identifying their top strengths and facilitating brain programming techniques, she enables them to transition from one state of mind to another, ultimately leading them to a fulfilling and purpose-driven life.

Dr. Vanishree’s life coaching programs are designed to motivate and inspire individuals to reach their highest potential. When clients approach her with specific goals or ambitions, she takes the time to understand their aspirations fully. She then helps them break down these goals into smaller, actionable steps, making the journey more manageable and less overwhelming. This approach ensures that her clients not only achieve their objectives but also develop a deep sense of fulfillment and enjoyment throughout the process. Clients gain clarity about what truly makes them happy and fulfilled, allowing them to align their goals with their authentic selves. As a result, clients become more self-aware and self-compassionate, cultivating a greater sense of love and acceptance for themselves.


The impact of Dr. Vanishree’s life coaching extends beyond the sessions themselves. As her clients progress through the coaching process, they experience positive transformations in various aspects of their lives.



Dr. Vanishree S V
Dermatologist & Positive Psychology Life Coach

Improved relationships, increased creativity, and enhanced overall well-being are some of the many positive outcomes her clients often report. Dr. Vanishree believes that by empowering her clients emotionally and mentally, she equips them with the tools to handle life’s challenges with resilience and grace even after the coaching engagement ends.

Dr. Vanishree’s dedication to her client’s well-being has earned her numerous recognition. One notable recognition includes the ‘Women of Significance 2022’ award, where she was acknowledged among the top 100 women in India for her significant contributions to society and her field of work. For Dr. Vanishree, however, the most meaningful reward lies in witnessing her clients’ satisfaction and success.

Dr. Vanishree’s journey as a life coach exemplifies the profound impact that guidance, empathy, and positivity can have on transforming lives. Through the fusion of positive psychology, NLP, and her genuine passion for helping others, Dr. Vanishree continues to inspire and motivate her clients, guiding them toward a more fulfilling and purposeful life. “Boundaries are made in the mind; if you remove them, you shall rise”, concludes Dr. Vanishree. 

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DR. VANISHREE S V

recognized by **siliconindia** Magazine as

SI TOP 10 PROMINENT LIFE COACHES 2023

Through this Award, we acknowledge and applaud the leader’s conscious strive and ingenuity to leverage the best practices in crafting unique programs & courses to address complex life issues and nurture individuals’ minds making them feel better about themselves.

Mandvi Singh

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Assistant Editor