



COACH  
**Sahar**

Clarity Coach, Master  
Trainer, and Author



“

I help individuals  
to make better  
decisions & lead  
their life with  
purposeful  
clarity.

My job is to facilitate  
you through the shift  
from mind-filled to  
mindful with total ease  
and in a fun manner.

My approach is  
holistic, simply  
because “you are  
whole & complete”.  
I will only remind  
you of it and make  
you see yourself with  
the lens of wisdom.

~ Sahar Gharachorlou

Clarity Coach, Master  
Trainer and Author





For those who want to master their un-tamed mind and develop the art of emotional, social, and spiritual intelligence, Sahar is the 'Go-to Clarity Coach'.



She will guide you on where and how to invest your energies to achieve personal and professional success. She ignites wisdom by tapping into your human potential and its unlimited capacity.

Coach Sahar will handhold you to your path of self-awareness, health, fulfilling relationships, career growth, and spiritual well-being through her coaching interventions, training sessions, and residential retreats.

Working closely with Business Leaders, CEOs, Coaches, Trainers, Healers, and Therapists, Sahar believes she is blessed to empower the change-makers to enable well-being, growth, and healing in others.



**50,000 +**  
People Impacted

**756 +**  
Workshops & Seminars

**15+**  
years of Expertise in  
Coaching & Training

**62 +**  
Certification in Modalities, Therapy  
forms & Self-help techniques

Celebrated  
Author

Masters in  
Psychology

PGDM HR  
and Finance

Gifted Clarity  
& Authentic  
Communication

Blended IQ (Intelligence  
Quotient) & SQ (Spiritual  
Quotient)

PMP – Certification,  
US (Professional  
Management)



Live a life of bliss  
where success is a  
by-product of  
your alignment,  
clarity, and  
lifestyle.



~ Coach Sahar





# COACHING

## Group Coaching

- ✓ Discover if your goals are aligned with your purpose
- ✓ Nurture a growth mindset and enhance emotional intelligence
- ✓ Garner greater consciousness about yourself and your environment

Ideal for Business Leaders, CEOs, aspiring/practicing Coaches, Healers, Trainers, and Therapists.  
1 year online group coaching intervention.

[Explore more](#)

## Personal Coaching

- ✓ Glide through transformations swiftly
- ✓ Identify and meet your goals with a customized plan
- ✓ Connect with yourself and understand your intuitions

Ideal for Business Leaders, CEOs, aspiring/practicing Coaches, Healers, Trainers, and Therapists. 1:1 online coaching for 6 months (minimum) to 3 years (maximum).

[Explore more](#)

## Law of Attraction

- ✓ Identify why the LOA is not working in your life and erase those beliefs permanently
- ✓ Unlock mental & emotional blocks and allow ideas and creativity to flow easily
- ✓ Unlearn the myths around law of attraction and learn that there is no secret but a science

Ideal for business leaders, CEOs, aspiring/practicing Coaches, Healers, Trainers, and Therapists.  
1 year online + offline group coaching intervention

[Explore more](#)

# TRAINING

## Become a Coach

- ✓ Nurture your coaching skills with paradigm-shifting insights
- ✓ Help your clients to be self-motivated and attain action-oriented goals
- ✓ Get an advanced toolkit to design and deliver coaching sessions

For aspiring Coaches, Healers, Trainers, and Therapists.  
2 years online + offline (contractual) training intervention.

[Explore more](#)

## Law of Attraction Trainer Training

- ✓ Raise awareness in people to change themselves for success
- ✓ Experience clarity, focus, and abundance while helping others obtain the same
- ✓ Understand your client's mental map and help them with a customized approach

For aspiring/practicing Coaches, Trainers, Healers, and Therapists. 52 hours, online + offline (contractual) training workshop

[Explore more](#)

## The Alpha Brain Balance Instructor Training

Help your clients to:

- ✓ Master their ability to recognize and acknowledge their intuition
- ✓ Be guided at all times and be able to trust the guidance
- ✓ Make the right decisions at the right times

Ideal for aspiring/practicing Coaches, Trainers, Healers, and Therapists. 6 days residential, offline (contractual) training intervention

[Explore more](#)

## Therapist Training

As a therapist, help your clients to:

- ✓ Love themselves, overcome their fears and heal their sense of rejections
- ✓ Overcome trauma buried within causing energy blocks in the psyche
- ✓ Get the tools and techniques for a thriving practice

Ideal for aspiring/practicing Healers and Therapists.  
2 year online + offline (contractual) training intervention.

[Explore more](#)

# RETREATS

## Self-Discovery and Mindfulness

- ✓ Overcome anxiety and create meaningful connections
- ✓ Acquire courage and precision to make choices and take mindful decisions
- ✓ Address stress, chronic pain, anxiety, and substance dependence

Ideal for Business Leaders, CEOs, aspiring/practicing Coaches, Healers, Trainers, and Therapists. 1 year online contractual group coaching program.

[Explore more](#)

## Your Ultimate Potential

- ✓ Shift unwanted emotions at will
- ✓ Let go of unnecessary burdens and find balance
- ✓ Rewire your brain to adapt to change and excel in your pursuits

Ideal for Business Leaders, CEOs, aspiring/practicing Coaches, Healers, Trainers, and Therapists. 7 days, offline residential workshop.

[Explore more](#)

## Write Your Book

- ✓ Learn to convert your ideas into powerful words
- ✓ Learn to edit, rewrite, revise, and polish your manuscript
- ✓ Create a marketing plan and get published

1 month residential program for aspiring Authors.

[Explore more](#)



Judgments only  
Limit YOU, not  
your ENVIRONMENT.

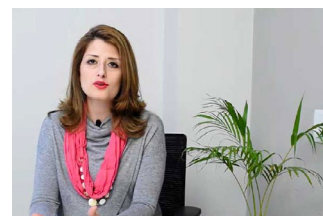
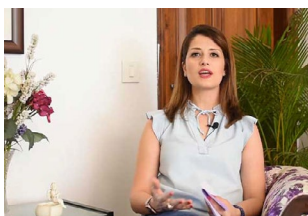


~ Coach Sahar





Coach Sahar has written for numerous publications in print media and delivered talks on holistic health, metaphysical therapies, motivational leadership, and self-development in more than 756 workshops and seminars.



## I-Reflect: Going within to know without!

These days, it is common to find groups of people discussing concepts like consciousness, awareness, unconditional love, forgiveness, meditation and peace. However, the question is — have we actually understood all these concepts, or is our knowledge still shallow?

We cannot construct a building without digging the ground deep to give it a strong foundation. Similarly, it is important that we prepare ourselves for a contented life by clearing unwanted stuff from our mind, connecting with our conscience and laying a firm foundation of values. We need to ensure that we are making a safe abode for our Spirit to take off on its won-

derful journey and follow its purpose. The good news is that you can learn to love yourself and others by learning about your own energy system — the *chakras*, the wisdom of the feminine and the masculine and the beauty of their unity.

I-Reflect is conducting a four-day residential workshop from October 1 to 4 in New Delhi, wherein you can experience a range of 15 holistic healing modalities and deep therapy techniques.

For details, contact: Sahar Gharachorloo (International Life Coach & Therapist), founder of Energy Healing Bliss & I-Reflect email: [energyhealingbliss@gmail.com](mailto:energyhealingbliss@gmail.com) website: [www.energyhealingbliss.co](http://www.energyhealingbliss.co) call: 9041100777

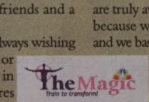


## Law of Attraction & Relationships

Relationships have been both a weakness and strength for mankind. In fact, apart from health, it is mostly relationships that make or break us. Most of us long for the support of family, friends and a loving partner.

While everyone is always wishing for that perfect partner or a soul mate, how come in spite of so many desires many people end up in painful relationships? Why does the Law of Attraction fail here?

"The truth is that it is not Law of Attraction that fails, it is us who inefficiently manage to fail this beautiful Universal Law," explains Sahar Ghar-



achorloo, an international life coach, therapist and trainer of Law of Attraction and many other mind power and energy healing modalities. Mostly we wish for things not because we are truly aware of what we desire, but because we fear our past experiences and we base our desires based on those fears. In these cases, we focus more on what we do not want in a partner.

You can learn how to apply the Law of Attraction in Sahar's 2-day workshop, which is scheduled on 20th & 21st February, 2016 at New Delhi. For details and registration, call: 9041100777 or email: [energyhealingbliss@gmail.com](mailto:energyhealingbliss@gmail.com)

## Five exceptionally spirited women from Chandigarh get honoured

OF CORRESPONDENT

Five exceptionally spirited women from the city were honoured and felicitated at the Chandigarh Press Club on Friday.

On the occasion of International Women's Day, SRI. Diagnostica, a leading global diagnostic chain, honoured the women who have contributed towards women empowerment and health screening with their role model for many.



The five spirited women were honoured by SRI. Diagnostica with a high-end cervical cancer screening and a lifetime offer of SRI. Diagnostica health screening package. In an endeavour to prevent the message of preventive healthcare, the diagnostic chain also released a report on importance of early diagnosis in women. The five spirited women were honoured by SRI. Diagnostica with a high-end cervical cancer screening and a lifetime offer of SRI. Diagnostica health screening package.

Dr. Anita Sharma, regional head of SRI. Diagnostica, said, "We at SRI. Diagnostica believe in the importance of early diagnosis in women. As part of the report, we emphasised that most of the women are not knowledgeable about the changes that their bodies go through. There is a need to reveal the grim scenario of women's health in Chandigarh. Women in Chandigarh were diagnosed for cervical cancer, cardiovascular diseases, thyroid, diabetes, etc. The women form the nucleus of every family, unfortunately are the most neglected section of our society. There is an urgent need for action to pre-

vent cervical cancer, marriage of poor girls, underprivileged children and women who have been victims of domestic violence. In her noble way, she has started a helpline 0172-264000 for women (telling 10 am to 5 pm). She now helps with all the health, nutrition and other types of violence against women. Dr. Anita Sharma, an HIV-positive, who has been married to AIDS in 2005 when she was just 21 and a mother of three children, when she discovered that she and her kids were also HIV-positive, her family left her. She has now come forward and is helping others like her. Dr. Anita Sharma, president of Right to Life, said, "We are a part of the society that gives free training to girls and helps them become financially independent. She doesn't get funds from government or any other community but spends her own money for the support of poor children and women. She helps the girls to work and helps them fight their own health issues. She has conducted 15 workshops so far on her own.



## Sahar Gharacholou - The Author

Her 2019 debut book 'Twice Born', is a brief of her experiences and the profound insights that stemmed from her work and personal life. The wisdom that changed not only the course of her life but that of many.



## Amazon Reviews on 'Twice Born'

Dipped, drenched, soaked and drowned in the vast ocean of inspiration, essence of simplicity and wisdom.

~Kanwar Singh ★★★★★

"After Wayne dyer someone who will fill his vacuum. Twice born is a blessing for many".

~Ranji Pannu ★★★★★

I randomly open a page and I get my message. Where ever I go the book travels with me

~Jyotika B.K. ★★★★★

A simple but smart tool to help the readers to be watchful of their thoughts, words, and actions/ deeds.

~ Suruchi ★★★★★

If anyone is seeking to discover self. It's a bible for you. A guiding light forever

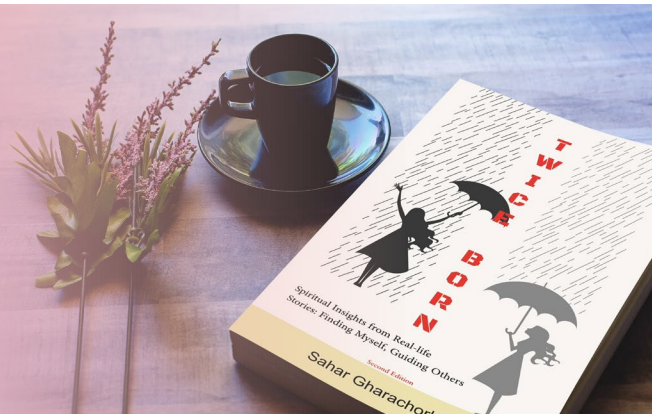
~Kamal Preet ★★★★★

A must read for transforming yourself! My Bible and go to book to learn about LIFE!

~Veenu Sharma ★★★★★

Interested to read Twice Born - Get your copy.

[Buy now](#)





# Testimonials

Processes taught by you have brought about a sea change in me.

Dear Sahar, It fills my heart with great pride for having known you – a person so committed to transforming lives through your healing workshops and selfless upliftment of the underprivileged.

~ Susha P. Roy

Her write-ups have been eye-openers and helped me heal on many levels

Sahar has had a profound impact on me from the time I attended the first workshop in April 2016. During the time, I was looking for something which I was not able to pinpoint. I believe it was a divine intervention that helped me get through her and look deep within and find answers for life's dilemmas.

~ Sheela Roy (Editor), Sahilabad

Grateful for all the remarkable changes she has helped me to bring into my life

Sahar combines old-fashioned professionalism with world-class skill and sensitivity to create genuine results. Sahar has the ability to address problems on a level that actually changes them and not just fix the issue on a temporary basis.

~ Varun Bammi, Head HR, Healthcare Company, New Delhi, India

Whatever interaction you have with Sahar, it will bring you closer to your objective.

I met Sahar by accident over a group lunch. But then, there are no accidents in life, so in retrospect, it was for a good reason.

~Sadhana





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Life is already happening in full  
swing with full force, just be  
**FEARLESS** enough to witness.

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COACH  
**Sahar**



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[/ClarityCoachSahar](#)