



# ASQIT

TRANSFORMING MINDSETS - RESHAPING LIVES

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AN AMAZING JOURNEY  
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## Life Skills & Personality Development

In the rapidly changing dynamics of today's world, we prepare the individual to face the turbulence and change with courage, identify the self-esteem and excel with excellence in the desired domain of interest. Join our programs rediscover, rejuvenate and reshape your inner you; explore, experience and exhale in your own transformational journey with new mindset. We provide extensive counselling and training sessions under the following areas

✓ Training

✓ Consultancy

✓ Coaching & Counselling

Life & CBT Coaching

Individual Development

Life Style Management

Relationship Management



CONNECT US:



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