



Aneeta Madhok's **Integrative Living**

ANEETA M, PhD, PCC, Integrative Nutrition Health Coach

Dr. Aneeta Madhok, is a global professional, Coaching Psychologist, People Person, and an Integrative Nutrition Health Coach.

In the Wellness domain, she specializes in holistic coaching for weight-loss, pre-diabetes and diabetes reversal support. Her approach to Integrative living covers all aspects of nutrition, including food, exercise, relationships, career and spirituality.

Aneeta has coached and counselled people from all walks of life for over fifteen years. Three years ago, she started a two-way love affair with her own and her client's health. As an Integrative Nutrition Health Coach, she builds a client-coach relationship that enables, empowers, and supports clients in their journey towards leading vibrant, energetic lives. With Integrative Living, Aneeta enables clients to address physical, emotional, interpersonal, social and spiritual aspects of their lives and move further along the path to a happy and healthy life and lifestyle.

Aneeta's competencies developed over 37 years of professional practice enable her to be a coach who touches and transforms lives and careers, and a trainer who actually transfers learning into the participants through proven methods and practices. A deep insight into people matters has resulted in high repeat demand for her coaching packages and continuing support in the client's journeys.

Aneeta has received international certification from the Institute for Integrative Nutrition (USA), International Coach Federation (PCC Level) and the gold standard in the HR profession (SHRM-SCP).

She is also an experienced and insightful tarot card reader and a well-travelled amateur photographer.

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