

Zeenat Noorani

**Wellbeing & Mental Health Therapist/ Coach,
Speaker & Radio Presenter**



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Mental Health Wellbeing Therapist/ Coach & Speaker

Zeenat's past career as a Professional Figure Skater and Primary Teacher has given her a whole wealth of life experiences, skills and knowledge that she now uses alongside her coaching to inspire and help others.

Zeenat states, "I truly believe it's possible to have a healthy mind and healthy body to allow you to reach your goals and dreams successfully when you have the right tools and strategies at hand- importantly, to be open and authentic with yourself. When you are mindful and true to yourself, both work hand in hand and amazing things begin to happen!"

About 5 years ago, Zeenat's health took a massive health dive, she became burnt-out, stressed and depressed losing her bubbly energetic personality, her self-confidence and self-worth. She even lost control of her life and her passion for teaching. During her burnout it was then that something sparked within her. She knew something had to change drastically. So, taking the biggest leap ever she handed in her resignation with no savings, no job to go to, just loads of bills, debts and a mortgage to pay for. Zeenat reached out to all the support and therapies that she could get to help her get back on track. As she began to find herself slowly back on track, she set out on a journey to learn and discover more about herself and her true passion, the thing that would reignite the fire within her. Zeenat soon learned that her lifestyle choices together with changing her mindset and resilience could help unravel these anxieties and stresses and found the balance in her own life that she had faded away.

Zeenat is a Wellbeing & Mental Health Therapist/ Coach and Speaker. The Founder and Owner of Vida de la Mariposa Coaching. Zeenat works with professional men, women and organisations who struggle with anxiety, stress, health and mental health issues. She is a qualified Performance Life Coach | NLP Practitioner (Neuro Linguistic Programmer) | Mental Health First Aider | Kinetic Shift Practitioner | Rapid Hypnotist | Mindfulness Practitioner and an EFT Therapist (Emotional Freedom Tapping). An accredited member of the ANLP, UK Hypnosis Academy and Energy Practitioners Association.

Zeenat has her own weekly radio show, Mindset Matters- exploring mental health and wellbeing horizons, on Channel Radio Two.

Within her coaching process she encompasses the importance of breaking down limiting beliefs, building a powerful mindset and resilience, that will serve her clients in reaching their greatest potential.

Imagine if you had the right tools and strategies to help you make positive transformational results? What amazing things would you achieve if you achieved what you dream of, full of positivity and energy? She knows from her own experiences and those of her clients, the relief of being free from self-limiting beliefs is immeasurable.

Her mission is “Helping you achieve the life you desire - helping you find and forge your path in the darkest of times, to shine your light” I can help you do this.

She wants you to succeed. She wants you to discover your full potential and reach your ultimate goals, leading to a much more fulfilling life. Zeenat is able to very quickly choose the right tool from the magic toolbox to ensure a tangible result as soon as possible. This ultimately builds trust; which allows more sustainable strategies to be put into place which are bespoke to her clients’ needs. Seeing clients succeed and make positive transformations is what inspires and drives her enthusiasm even more.

Zeenat is genuinely interested in supporting and promoting mental health and wellbeing coaching. She is proud to be part of an industry that is constantly changing and growing where differences can be made, by promoting and empowering the individual or organisations to take charge of their health and that of their employees, peers and loved ones.

Recently, in January 2021, Zeenat launched her radio show called Mindset Matters- exploring Mental Health and Wellbeing Horizons. She invites expert professionals to share their knowledge and expertise. More importantly, she invites them to share their personal stories and encounters with mental health. She believes that this is where the true magic happens in bringing about awareness to others.

As a MHFA, she is dedicated to dispelling the negative stigma around mental health and bringing about greater awareness and understanding of the issue. So many of us suffer from: imposter syndrome, clarity of vision/goals, fears, limiting beliefs, stress/anxiety, mental health and wellbeing issues. It’s far more common than you might believe.

Would you like to:

- Gain the tools and strategies to support you to reach your goals
- Discover a deeper understanding of yourself and others these
- Have greater resilience and a positive mindset
- Build greater self-confidence in who you are and what you do
- Create a positive outlook on how you see the world and handle obstacles with significantly more self-awareness and gratitude

Those of who have taken action and worked with her have described a euphoric sense of release having spent years feeling burdened, weighed down. Once her clients have made that amazing shift, their lives have been full of abundance.

Zeenat is the Joint founder of The People Skills Course. To succeed in business, you need to be great with people. With her business partner, Chandra brings his years of experience as a businessman and together with her NLP and coaching skills, they are the perfect match for helping people learn how to communicate better. By addressing Communication & Language skills, they found their clients were able to progress their business to the next level. Their workshops enable you just that through understanding how powerful NLP can impact the growth of your business and your own self-awareness of how you do business.

If all of that is not enough, Zeenat is also a Professional Hair Stylist | Make-up Artist and a Yoga Teacher for children aged 5 to 11. She feels that it is important that from an early age, children gain an understanding of how the importance of mindfulness, focus, control, healthy well-being and having fun is key to their future growth.

Zeenat is the Author of 'Begin Each Day With Positive Affirmations and Empowering Questions,' which have been compiled from her journey along the way.

Awards and Recognitions:

SME Greater London Enterprise Awards 2021- Best Bespoke Mental Healthy Coaching Services 2021

Corporate Coaching & Recruitment Awards by Corporate Vision- The most nurturing wellbeing & mental health coach UK 2020

Innovation & Excellence Awards 2021 by Corporate LiveWire- Mental Health Coach of the Year

Featured/ Podcast Appearance:

Speaker at events by FSB (Federation of Small Businesses)

Speaker at events by Women in Big Business Shows 2020/21

Master of Ceremonies- Priory Live Music Festival 2021

Life in Orpington Magazine

Rich Woman Magazine

Happiful Magazine

Women in business Radio Show

Business Bunker Radio

Hannah Gray (Ex- Mayor of Bromley) Podcast

Shelly Knight- Positive Changes Podcast

Fiona Catchpole at Funky Media Radio

Gillian Duncan- Clarity junction Podcast

Volunteering:

Rotary Club- Borough of Bromley- Helped form and continue to deliver a Rotary Work Club (with other expert professional) to help support people who lost their jobs or were made redundant during the COVID Pandemic.

FSB (Federation of Small businesses)- Help run various FSB events, as well as speaking at various event. She is part of the FSB Wellbeing Committee

Business Continuity Support - She runs and organise a networking event (with 3 volunteers). Launched in March 2020 to help support small business through the Pandemic.

The Friday Wind Down- She runs and organise a collaboration networking event (with 4 volunteers). This event is about helping business grow through the importance of Collaboration and building long-lasting relationships.

[*Founder & Owner of Vida de la Mariposa Coaching*](#)

[*Owner & Co-Founder of The People Skills Course*](#)

[*Social Media handles*](#)

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