

Rahul Srinivasan

Life Empowerment Coach (ACC – ICF), Writer, Speaker, Author
Base Location – Chennai, India | Languages – English, Hindi, Tamil



Where are you and who are you choosing to become?

Are you a human being who is fighting personal or professional challenges? Are you facing challenges in **Acknowledging** and **Accepting** what happened and is that a barrier, making you feel stuck and withholding you from moving ahead on the road to win and conquer it? Are you questioning ‘Why me?’ ‘What did I do?’ I hear you, loud and clear. You wouldn’t want to perceive yourself as a **Victim**, but as a **Warrior**, putting forth a brave battle by facing and fighting Fear and Pain with the Fire inside you, and in time, witnessing overcoming the adversity, kicking it out of your system, transforming to a **Conqueror**. It is hard, I agree. But you are NOT ALONE! I am not questioning you to make you feel worried or scared. Please don’t get me wrong. I am here to provide you with a safe, supportive and non-judgemental environment, where you can share what you are feeling, thinking or are looking for someone to sit beside you and listen to you in silence, and ask them to speak or share only when you want them to. Ask yourself from the bottom of your heart, Wouldn’t you want to step up and show up more boldly in your life and in the world? We are so much alike than what we realise. Our fears, challenges and roadblocks often feel deeply personal, but when we talk to someone who has experienced and navigated their journey from not giving up but going all in and emerging a Champion, we see that we are not alone, and that realisation is more often the key to moving forward!

The WHO and the WHAT

A young jovial boy with a positive attitude, known to all as funny, good company to hangout with witnessed how harsh life can be at a tender age of eighteen. He was diagnosed with a malignant brain tumor. Upon hearing this, his family and him were shocked. He couldn't withhold his tears, which were instigated not from the shock, but seeing his family clueless and minds blocked. A while after digesting the fact, he told them to be strong, as he mentally, emotionally and physically prepared for the arduous battle that was to come. He bravely accepted it, assuring his family that he would fight with all his might, which made his caregivers feel slightly better. He was ready for what was to follow - the surgery, radiation therapy, chemotherapy, and the unfathomable pain. Out he came from the warzone, winning the battle, though battered he emerged from a Victim to a Victor. He went on to become a writer (poetry), biker, pet parent, mindful, spiritual and into fitness. In 2019, he battled five seizures and an experience where he was conscious but did not know what he was doing, shouting loudly, punching and kicking people who tried to pin him down. Diagnosed as epilepsy, he was prescribed strong drugs that gave him mood swings, irritability and lethargy. 20-20, knocked a shot across the ropes, one that tried to douse his hopes. He was diagnosed with a sudden sensorineural hearing loss in both ears. An inner world of silence, an injection in each ear for a week and medication left him with a brain freeze for long lasting minutes every day. Over time, that slowly helped strengthen and activate the nerves in his left ear. Not much could be done on the right, he wears a hearing aid. Doesn't help much when with a group or outside, as the ambient noise is a barrier and the aid isn't a strong carrier. He manages by asking rather than assuming. He had thought that this would be his last leg of karmic retribution, until fall 2021, not the seasonal change. He fell down with his head hitting the floor hard. Shucks! Is that all you have? Bring it on! Lost his consciousness, diagnosed with a condition called Dural AV Fistula, a reverse blood flow in the brain. The veins were not pumping out the bad blood, rather circulating it within and creating pressure and pain. The catheters were pushing the dye to those parts of the brain to redirect the blood so that there is no pressure created, and medications creating the uncomfortable strain, had left him with intense hallucinations. So, the fistula was the cause for the seizures, epilepsy wasn't. He questioned, what's all this trying to teach him, the learning, is the pain worth the gain? He fought this battle too, with a stronger spirit. It took a great deal of time and effort to recover, through all the

battles with the dark side of life. He didn't succumb to anything that was trying to pull him down. He is fine and healthy now and is physically active, happy and enjoying the journey towards his IKIGAI. Had he not welcomed pain, adversity and unexpectedness to be a part of his life temporarily, he wouldn't be...

An Embrace and Thrive in the dark and a Conqueror in silence!

As A Coach:

Rahul is a Certified Life Empowerment Coach from the International Coaching Federation (ICF). He *Coaches and Counsels* individuals holistically on how to build *Resilience, strengthen Self Belief*, develop a *Growth mindset* and witness the *Transformation*, as he walks beside them in their journey of selfdiscovery. He believes that his capacity to show up grounded, empathetic, be present in the now, listen with no agenda and aligned to help individuals maturely navigate the health adversities they face. Since 2023, he has partnered with individuals as a goal setting and accountability partner and has been a sounding board and a catalyst by helping them understand the nature and potential value of coaching, and in the process, a deeper understanding of themselves, which helped accomplish their professional and personal health accomplishments sooner than they had expected. He has coached, guided and counseled individuals for 550+ hours. His curiosity to understand and serve fellow humans, listening to and helping them connect from their core with their core, has made them understand themselves better, become more aware and feel connected to their greater purpose.

What I Offer

It is completely alright to not know. The more we begin our search for a reason, the more we lose ourselves in trying hard to come to terms with the present. Saying 'I don't know' and surrendering to the eternal and to the universe isn't weak. It shows that you are strong within. Instead of questioning them, let us learn to enjoy and embrace our challenges and imperfections without fear or what others say. A strong support system is more of a need than a want, especially when you feel lost in doubt, confidence and courage. In a supportive, empathetic, non-judgemental, confidential environment where you can share freely, I help you reframe limiting beliefs, rewire your thinking, understand yourself better, build resilience, empower your mind thereby unleashing your full potential and accomplishing what you want to in your personal and professional life, paving your way to lead a happy and fulfilling life.

What next?

Let's connect to get to know each other, how I can be useful and valuable to you. I will be glad to walk beside you in your journey of self- discovery!

Email: rahulriniwasan@bhavodayam.com

Website: www.bhavodayam.com

LinkedIn: <https://www.linkedin.com/in/lifecoach-rahulriniwasan/> Mobile:

+91-9632284235

Empowering lives, Transforming stories!