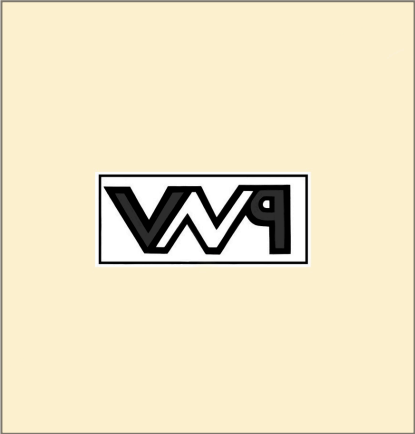




COACHING QUOTES

Dr Veena V Nanjangud

VN9 Clinical Services Ltd



New year is a time to contemplate on new beginnings & reflections.

I hope you enjoy “Coaching Quotes” to musings any times over the year.

Dr Veena Nanjangud

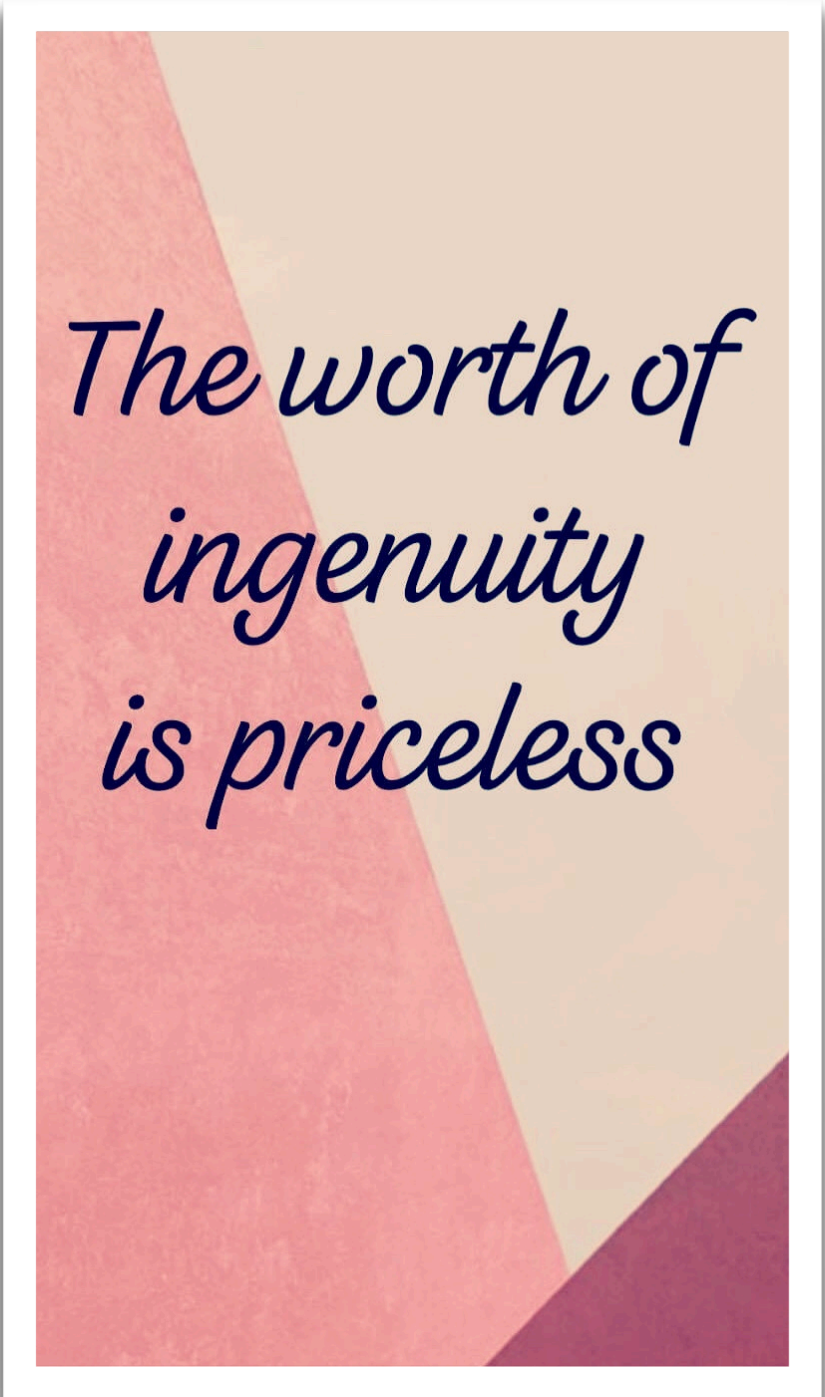
CEO & Managing Director

VN9 Clinical Services Ltd

Career & Life Coaching

Medical & Healthcare Publishing

[Health & Wellness Website](#)



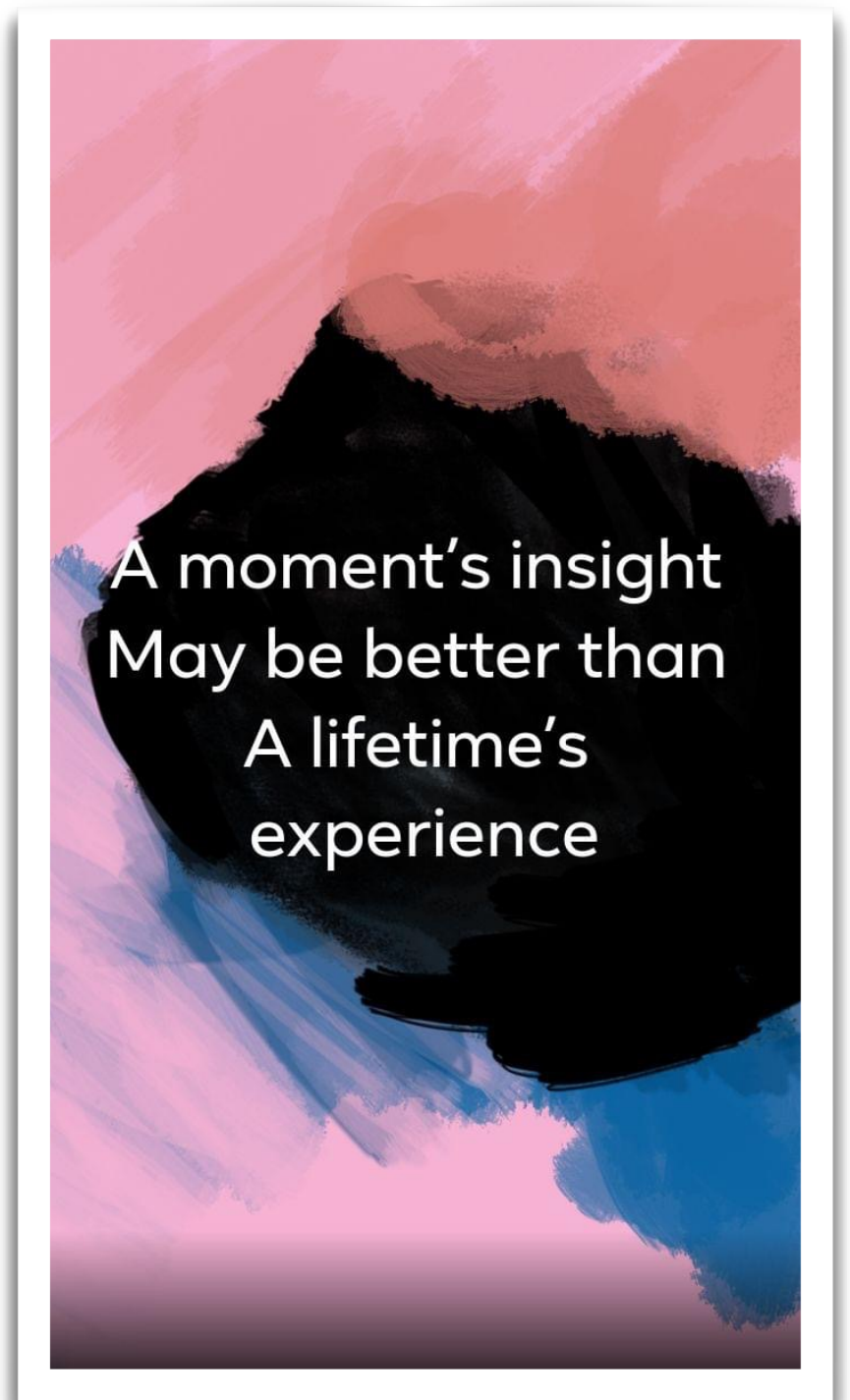
*The worth of
ingenuity
is priceless*



GRATITUDE IS THE BEST
ANTIDOTE TO FEAR
IT CAN SHIFT PERSPECTIVES

“Gratitude is the best antidote to fear.
It can shift perspectives.”

“A moment’s insight may be better than
a lifetime’s experience.”








Mindfulness micro-moments

Mindfulness micro-moments practised in the middle of busy lives have the ability & transformative power to make one more grounded, connected and can reduce stress levels.

“Mindfulness micro-moments”

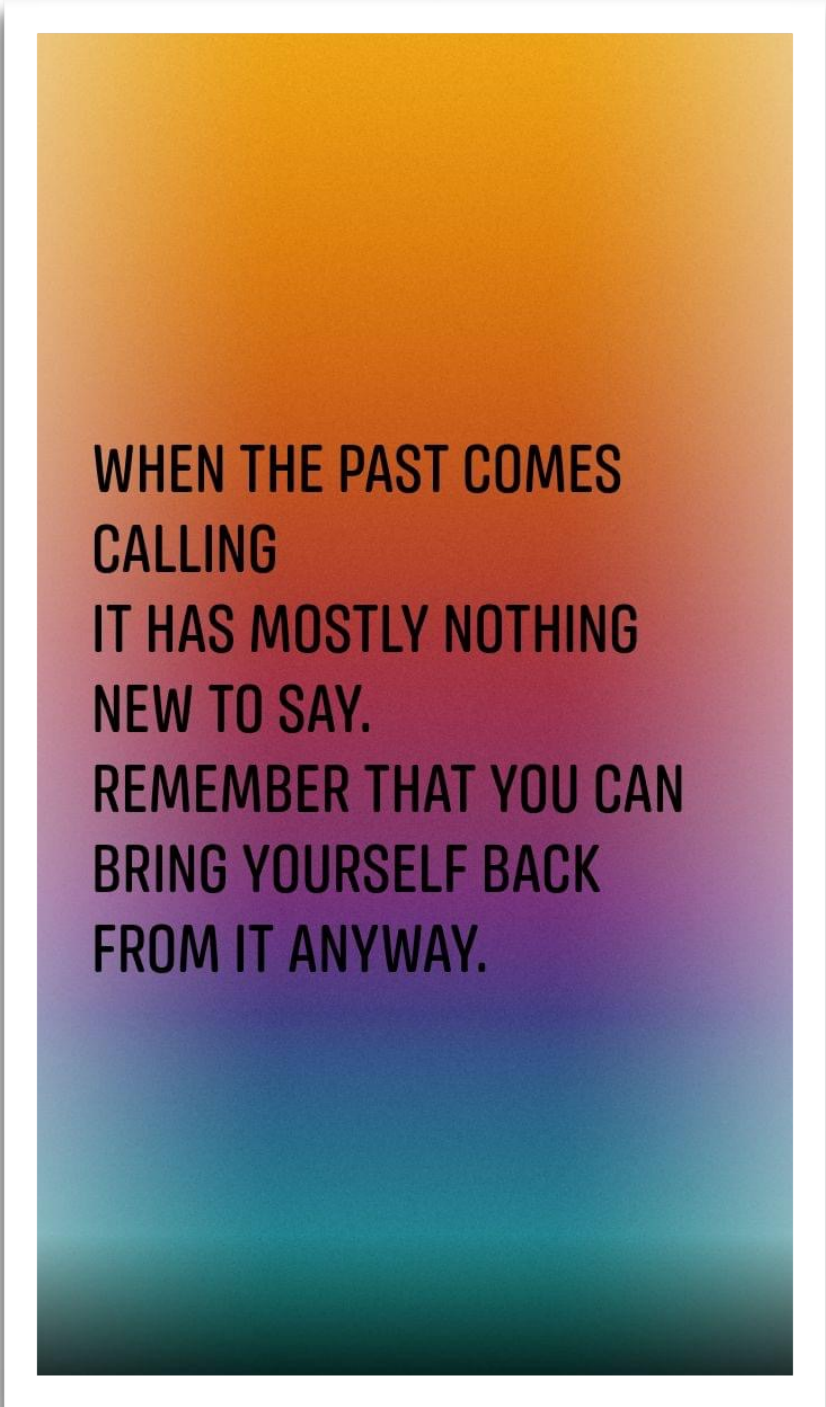
 *Take time to observe how you are feeling.*

 *Notice your breathing for a few moments.*

 *Be kind & non-judging being aware & present in the mindful moments.*

“When the past comes calling, it has mostly nothing new to say.

Remember that you can bring yourself back from it anyway.”



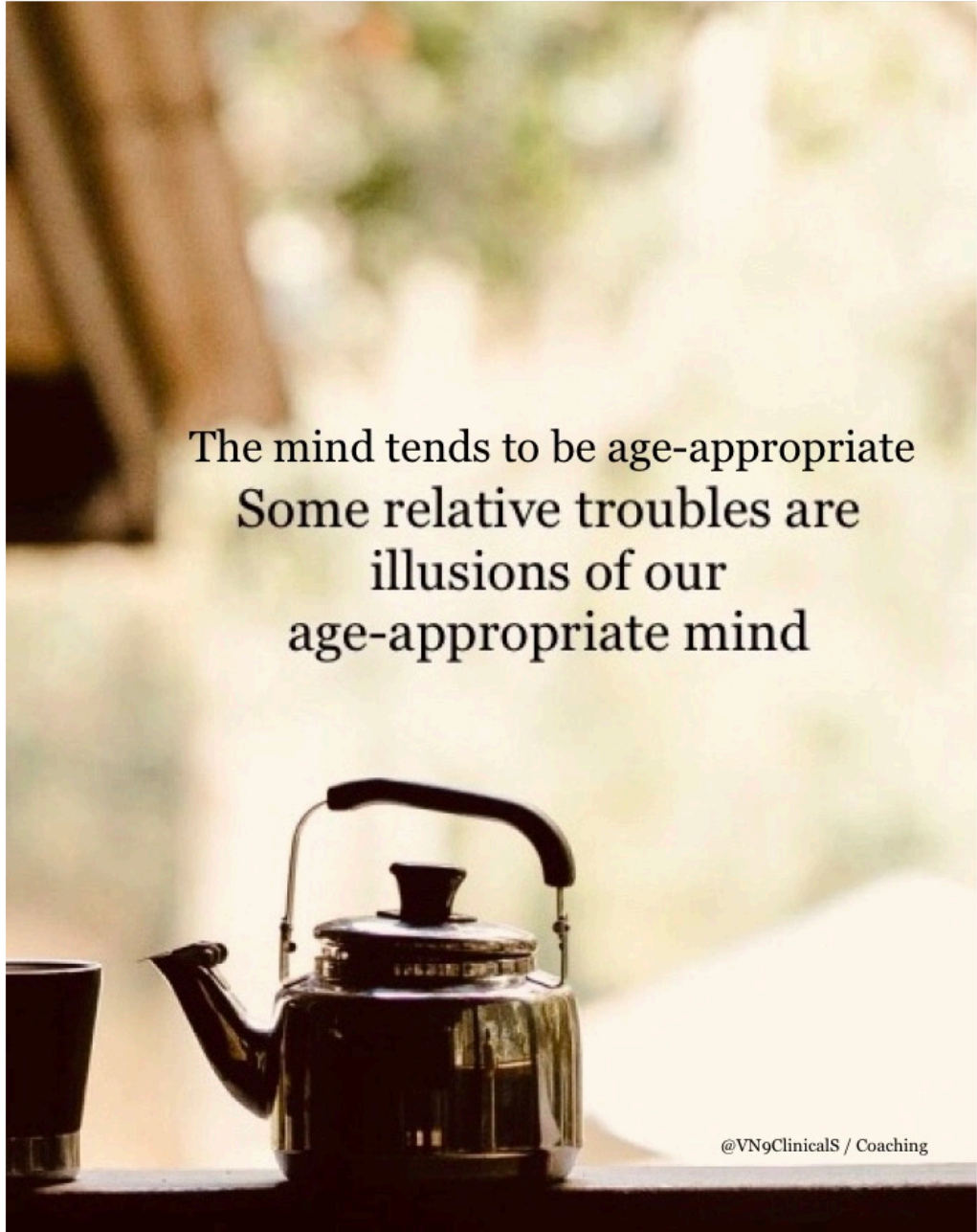
**WHEN THE PAST COMES
CALLING
IT HAS MOSTLY NOTHING
NEW TO SAY.
REMEMBER THAT YOU CAN
BRING YOURSELF BACK
FROM IT ANYWAY.**

People's opinion
about you need
not have to be
your reality

“People’s opinion about you need not
have to be your reality.”

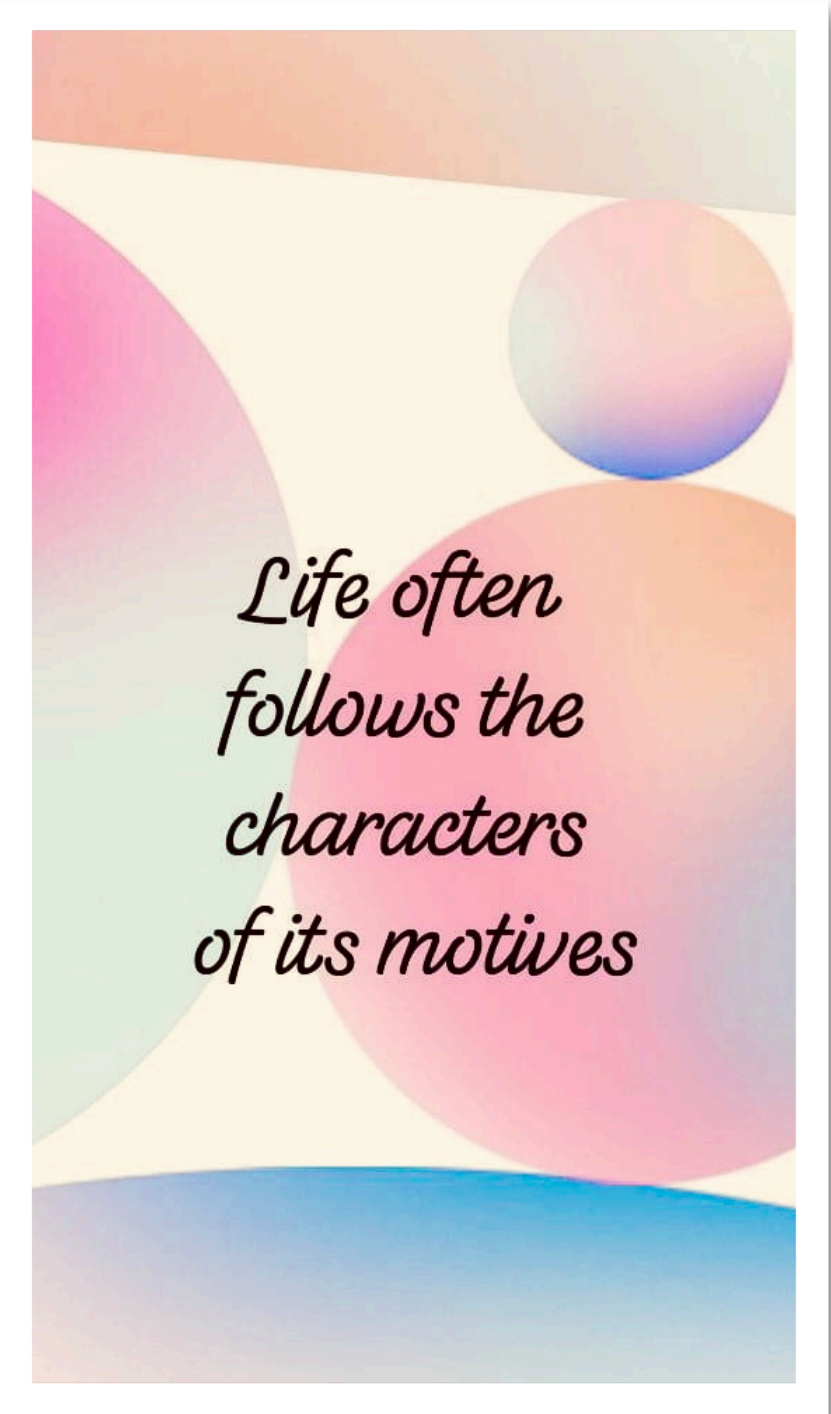
“The mind tends to be age-appropriate.

Some relative troubles are just illusions
of our age-appropriate mind.”



The mind tends to be age-appropriate
Some relative troubles are
illusions of our
age-appropriate mind

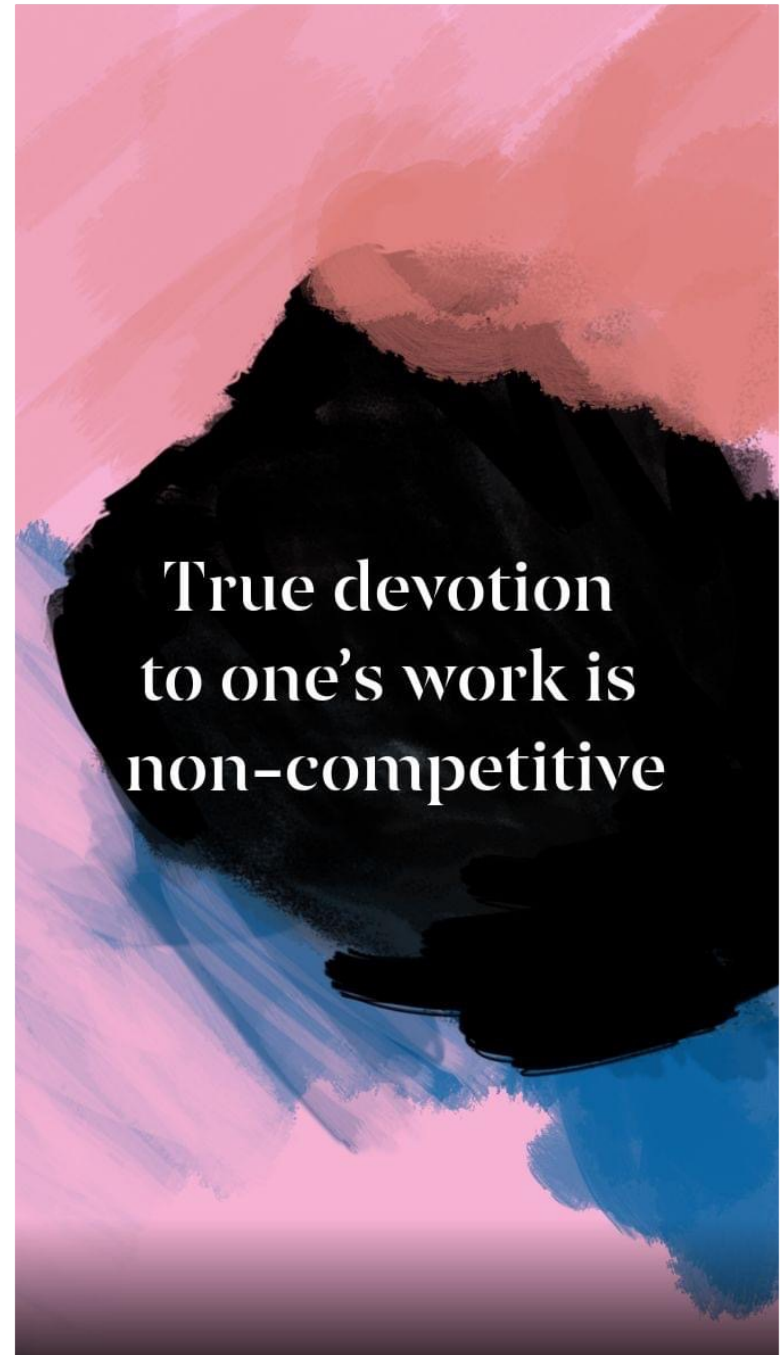
@VN9ClinicalS / Coaching



*Life often
follows the
characters
of its motives*

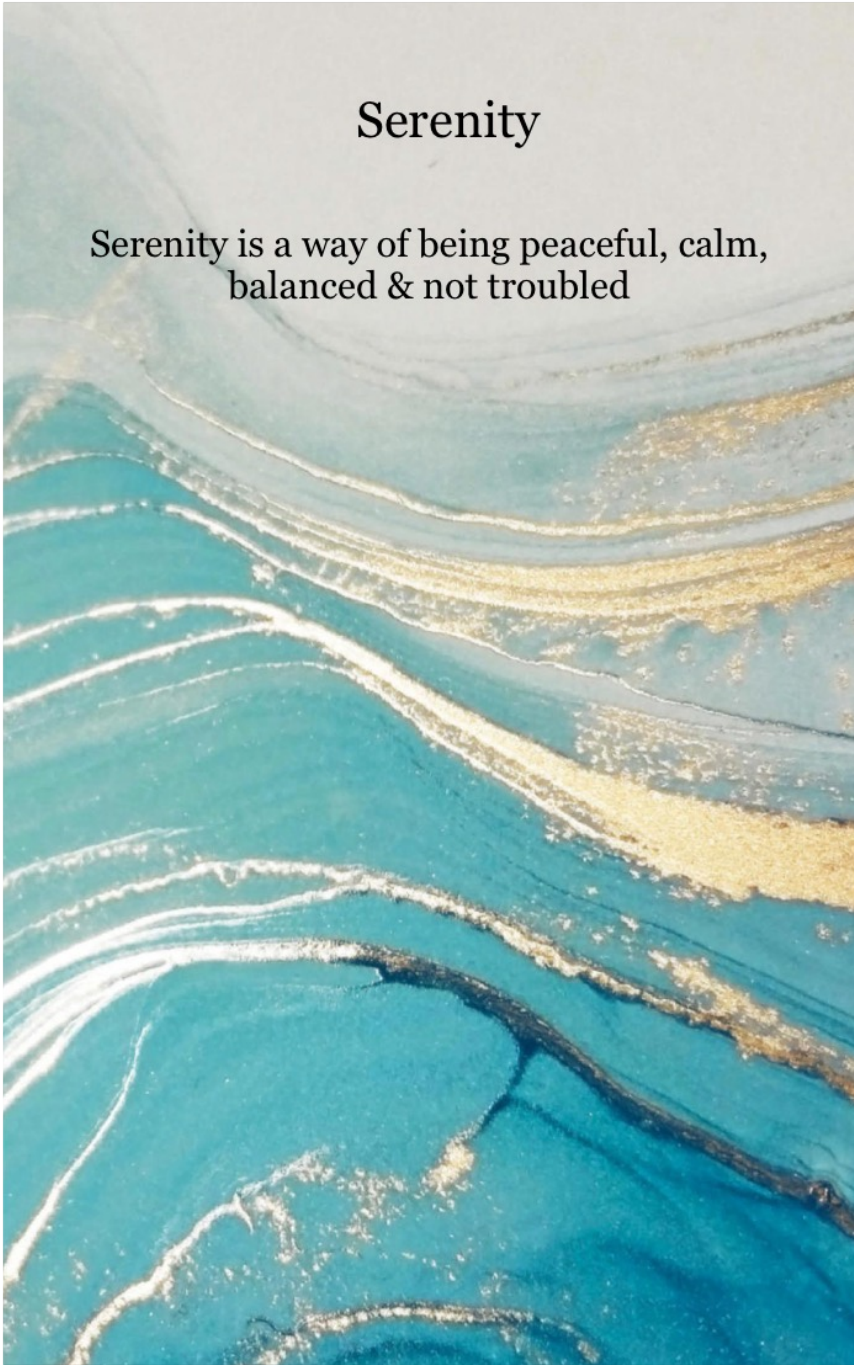
“Life often follows the characters of its motives.”

“True devotion to one’s work is non-competitive.”



Serenity

Serenity is a way of being peaceful, calm,
balanced & not troubled



Serenity is a way of being peaceful, calm,
balanced & not troubled.

Serenity can be achieved by



Gratitude for what we have.



Compassion towards self & others



Creativity, innovation & wonder



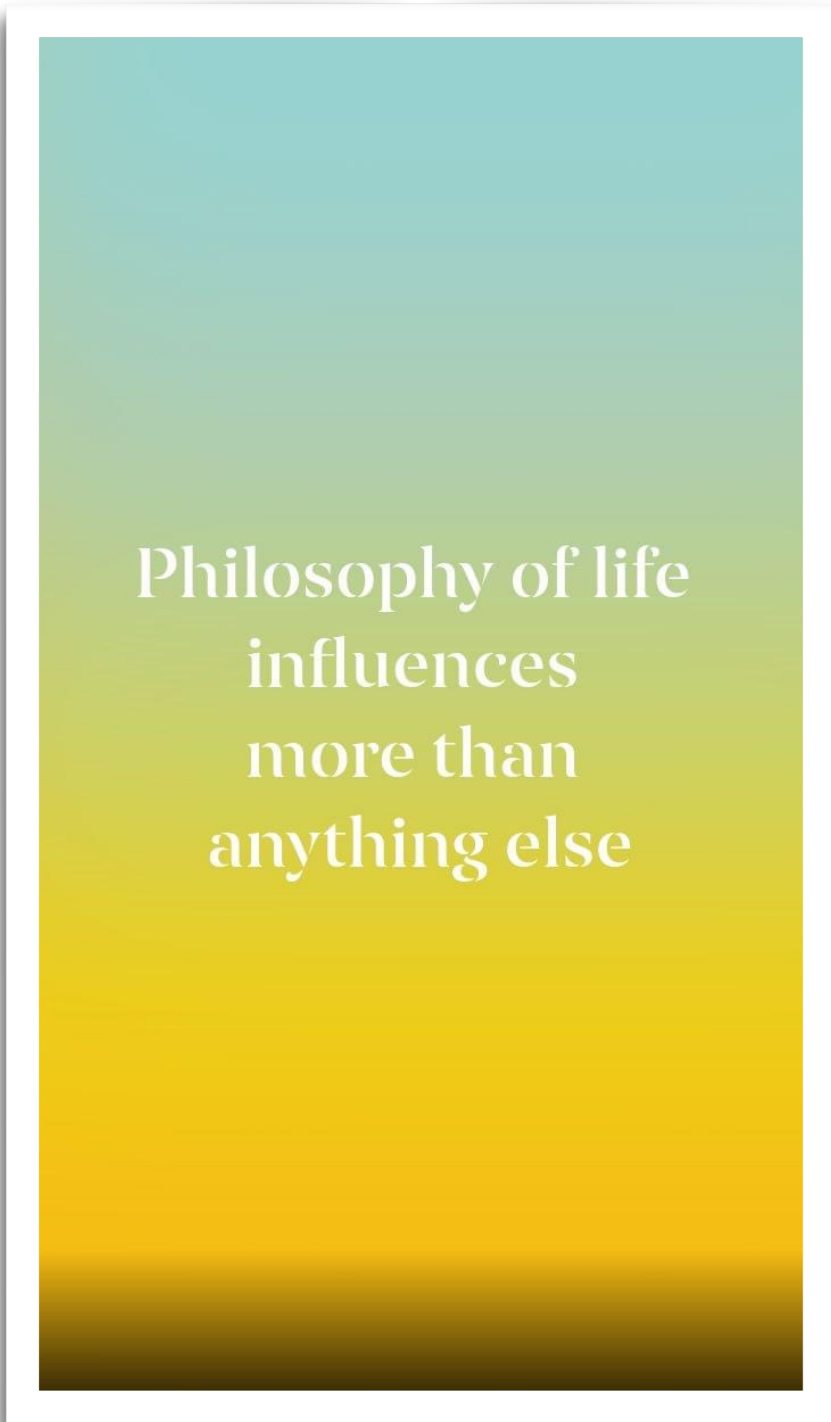
Nourishing our body, mind & soul with
healthy diet, natural fitness & meditation.



Spirituality

“Good things take their own time”





Philosophy of life
influences
more than
anything else

“Philosophy of life influences more than anything else.”



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Health & Well-being website

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