



KRIMALI MEHTA



SOMETIMES,  
YOU DON'T NEED  
A NEW LIFE

YOU JUST NEED TO  
FIND YOURSELF AGAIN.



---

# WHO AM I ?

I began my career with a strong academic foundation as a Gold Medalist in Statistics, but my heart longed for creativity, which led me to Fashion Designing where I discovered, the power of self-expression through style.

Motherhood brought a pause, and when it was time to rebuild, I chose makeup, not just as a profession, but as a way to create a new identity.

My journey then unfolded into working on celebrity shoots, editorials, and personal transformations. With every face I touched, I witnessed how choosing oneself on the outside sparked confidence and light. But I realized that without inner alignment, the glow fades. This led me to Image Consulting & Soft Skills Training - merging appearance with confidence.

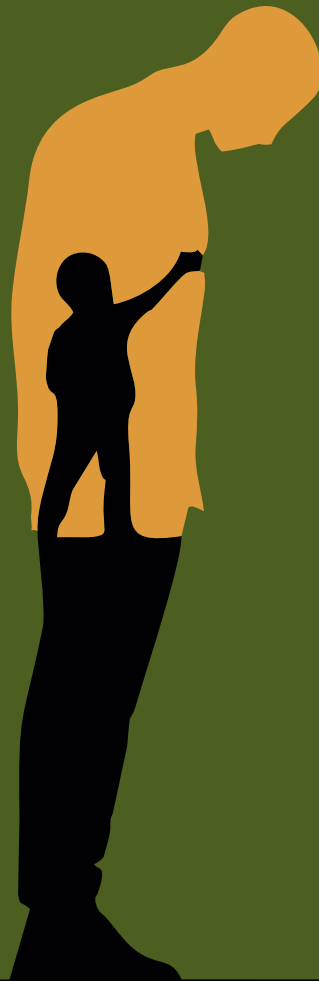
Still seeking depth, I immersed myself in NLP, love, intimacy, trauma healing, & Gestalt therapy. Today, I bring all of this together. I don't just work on how you look I help you align how you feel, live, and show up. Because true transformation isn't about changing who you are.

It's about coming home to yourself.



YOU CAN'T CHANGE  
WHAT YOU DON'T SEE

AWARENESSES IS WHERE  
HEALING TRULY BEGINS.



# NLP & Gestalt Consulting

---


## WHAT IS IT?

NLP (Neuro-Linguistic Programming) and Gestalt therapy are powerful tools to help you shift your mindset, break patterns, and create inner alignment. They don't just give you techniques - they help you reconnect with yourself.

## WHO NEED IT?

- Anyone struggling with anxiety, depression, overthinking
- People facing relationship conflicts, communication gaps, unresolved emotions.
- Professionals dealing with stress, burnout, procrastination, goal setting issues.
- Individuals stuck in self-doubt, people-pleasing, or guilt patterns.

## CORE TRANSFORMATION

- From emotional chaos to emotional clarity.
  - From being stuck in cycles to choosing freedom.
  - From "I don't know myself" to "I finally feel like me".
- 



WHEN YOU HEAL  
YOUR PAIN,

YOU STOP SEARCHING  
FOR LOVE IN  
THE WRONG PLACES.

# Love, Intimacy & Trauma Healing

---


## WHAT IS IT?

This is deep work on the hidden parts of your heart - the wounds, unspoken fears, and intimacy struggles that shape how you give and receive love. It's about healing the past so your present and future relationships don't carry the same patterns.

## WHO NEED IT?

- Childhood trauma, abandonment, or unresolved parental wounds affecting relationships
- Trust issues, fear of intimacy, or emotional unavailability
- Relationship challenges like affairs, divorce, separation, or betrayal
- Emotional disconnect—feeling unseen, unheard, or unloved despite giving your best
- Sexual & intimacy concerns (vaginismus, performance anxiety, orgasm gap, pain)
- Individuals or couples seeking deeper connection, healing, and a safe space to grow

## CORE TRANSFORMATION

- From broken patterns to healing love.
  - From shame and silence to expression and safety.
  - From fear of love to the ability to receive and give it fully.
- 

SUCCESS ISN'T  
JUST ABOUT  
WHAT YOU DO

IT'S ABOUT HOW  
YOU SHOW UP  
WHILE DOING IT.



# Soft Skills Training

---

## WHAT IS IT?

Soft skills are the invisible skills that shape success - how you communicate, behave, and connect. They build your confidence, credibility, and personal brand in every interaction.

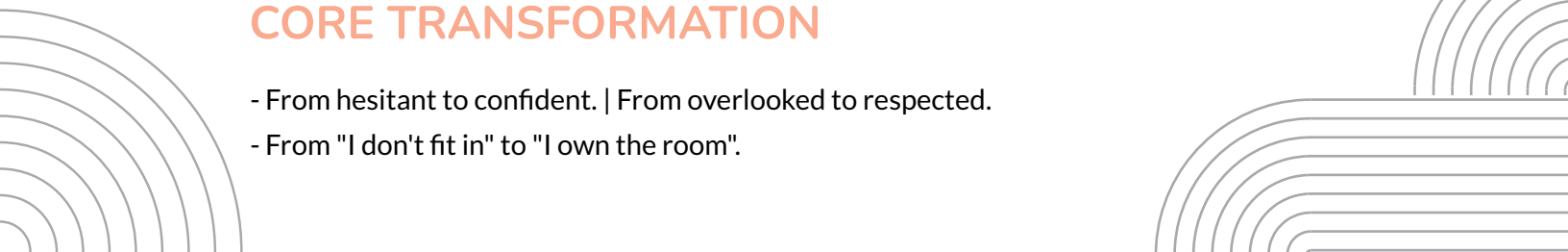
## WHAT I WORK WITH YOU ON

- Communication & Public Speaking - voice, tone, clarity, confidence.
- Presentation Skills - structuring, delivering, and owning the stage.
- Interpersonal Skills - empathy, listening, conflict resolution.
- Teamwork & Leadership - leading with confidence and collaboration.
- Time & Stress Management - balancing workload with wellness.
- Dining Etiquette - professional table manners & social confidence.
- Interview & Workplace Etiquette - professional presence for growth.

## WHO NEED IT?

- Students preparing for the future. | Professionals aiming for promotions or leadership roles.
- Entrepreneurs who need authority and credibility.
- Anyone who feels underconfident in public or professional

## CORE TRANSFORMATION

- From hesitant to confident. | From overlooked to respected.
  - From "I don't fit in" to "I own the room".
- 



THE WAY YOU DRESS TELLS YOUR STORY  
MAKE SURE IT SPEAKS THE TRUTH.

# Image Counselling

---

## WHAT IS IMAGE COUNSELLING ?

Your image is your silent introduction. Before you speak, your appearance, posture, and presence already communicate your story. This is not about making you someone else - it's about aligning your authentic personality with your outer presence, so you look credible, approachable & confident.

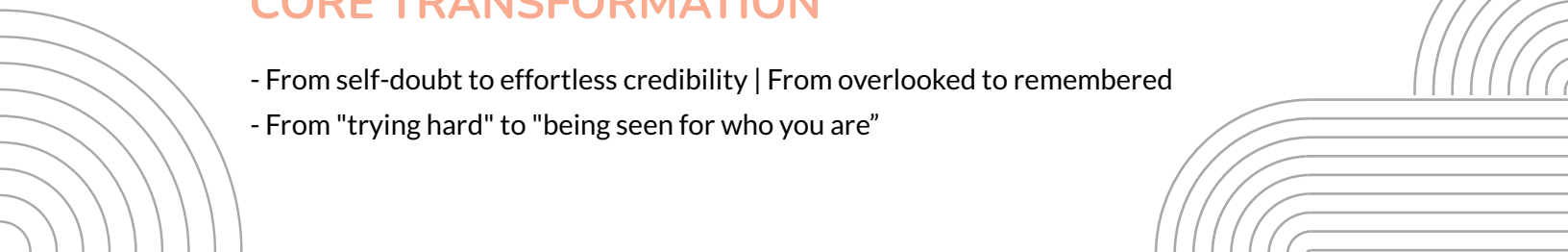
## WHAT I WORK WITH YOU ON

- Body & face shape analysis for styles that enhance you.
- Personal color analysis to bring life and energy to your look.
- Wardrobe management to create effortless, repeatable style.
- Prints, patterns & lines that change how people perceive authority.
- First impressions through grooming, posture & dressing aligned to your goals.

## WHO NEED IT?

- Professionals who want to climb the ladder but feel overlooked.
- Entrepreneurs who need their authenticity to reflect in every meeting.
- Anyone who feels: "I work hard but my image doesn't speak for me."

## CORE TRANSFORMATION

- From self-doubt to effortless credibility | From overlooked to remembered
  - From "trying hard" to "being seen for who you are"
- 



THE WAY YOU DRESS TELLS YOUR STORY  
MAKE SURE IT SPEAKS THE TRUTH.

# Bride & Groom Makeup (Specialized)

---

Bride & Groom Makeup - Skin-Focused, Celeb-Style Finish. Makeup is not about covering. It's about revealing. For me, bridal makeup is about bringing alive the best, most authentic version of you - polished, glowing, confident & completely you.



## WHAT MAKES MY MAKEUP DIFFERENT.

- Skin-first approach - flawless, breathable, radiant skin.
- Celeb-style finesse - modern, timeless looks with natural glow.
- Brides & Grooms - looks designed for both, complementing each other.

## WHO NEED IT?

- Brides & grooms who want to look like themselves at their absolute best.
- People who want their mood and personality to shine through.
- Those who want their wedding look to be remembered, not just seen.

## CORE TRANSFORMATION

- From nervous to radiant.
  - From "Will I look like myself?" to "I have never felt more me".
  - From altering to revealing your truest glow.
- 
- 



# Celebrity Editorial & Shoots

---

## WHAT IS IT ?

My foundation began in the world of makeup and editorial styling, where I worked with celebrities, shoots, and media productions. This sharpened my eye for detail and the ability to craft an image that tells a story.

## WHO NEED IT?

- Celebrities & influencers.
  - Editorial projects & photoshoots.
  - Brides who want that "magazine-cover" presence.
  - Professionals seeking brand-defining portraits Core Transformation.
  - From ordinary shoots to iconic storytelling through visuals.
  - From "posing" to owning the frame.
  - From self-consciousness to camera confidence.
  - Whether it's a bride, a brand, or a celebrity - the goal is the same to create an image that speaks louder than words.
- 
- 

# Programs & Sessions

---

## OBSERVATION CALL :

30 minutes to assess your needs and plan your journey.

## BEFORE "I DO" :

Customized program for brides and grooms, starting from 6 sessions, covering family dynamics, wardrobe alignment, confidence, and role balancing.

## INDIVIDUAL TRANSFORMATION :

Personalized emotional, relational, and visual alignment, starting from 12 sessions, available as quarterly, half-yearly, or yearly packages.

## 1 WEEK TO TRANSFORMATION :

Focused inside-out alignment of wardrobe, mindset, and confidence.

## CORPORATE TRAININGS :

Workshops on leadership, communication, work-life balance, and team impact; available as one-off or extended programs.

## PERSONAL MAKEOVER :

Tailored guidance on wardrobe, grooming, and styling; integrated into long-term transformation plans.



[www.krimali.com](http://www.krimali.com)



---

**KRIMALI MEHTA**  
TRANSFORMATION & LIFE COACH

---

FIRST FLOOR, TIME SQUARE BUILDING,  
HOSPITAL ROAD, BHUJ-KUTCH.

+91 90164 10282 | [@beyou.krimali](#)