

What is Inner Dawn? It is an inner journey of awareness and growth, a progress, a transformation that leads towards your goals.

How can we work with you?

At Inner Dawn we provide counselling and training services structured around your specific needs.

I. Personal and Families: Counselling services at our centers in Bangalore.

- Individual / Personal Counselling
- Couple / Marital Counselling
- Pre-Marital Counselling
- Child, Adolescent & Parent Counselling
- Mediation Services

II. Schools and Colleges: Counselling and Training services at your institute premises.

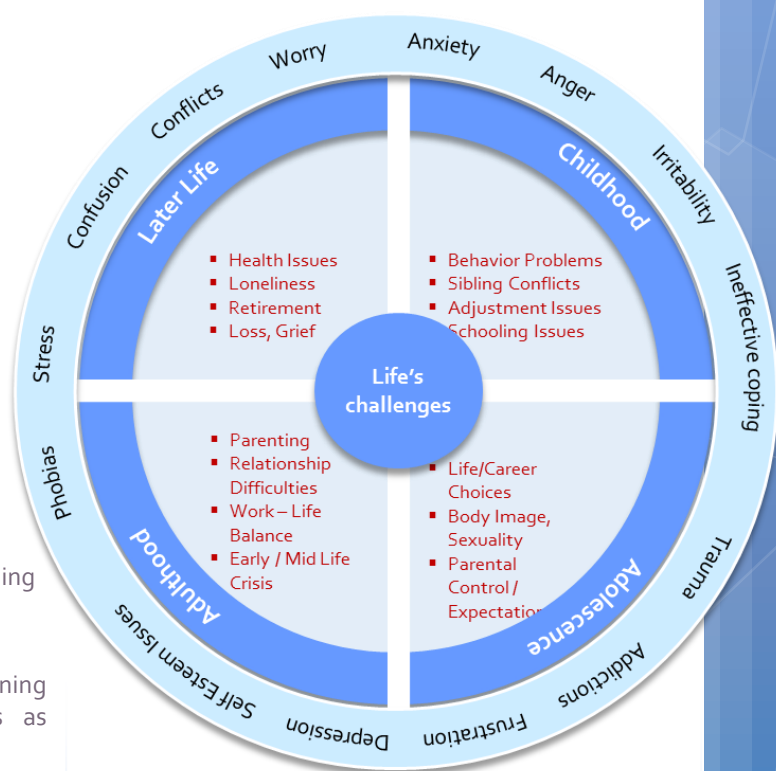
- counselling
 - Individual Student Counselling
 - Developmental Counselling
 - Group Counselling
- Training
 - Life Skills Training
 - Study Skills, Stress Management Training etc.

III. Corporate and NGOs: Counselling and Training services at your premises and our centers as required.

- Employee Assistance Program -
 - Individual/personal Counselling
 - Relationship Counselling
 - Work Performance Counselling
- Experiential Learning Programs -
 - Stress Management
 - Emotional Intelligence
 - Motivation & Team Building
 - Self Awareness, Self Esteem, Empathy, Communication & Conflict Management etc.

What is our mission?

Our mission is to enable your psychological and emotional wellbeing. We aim to make professional and confidential counselling services available for every one at multiple locations in Bangalore.



Confidentiality:

Information shared with the counselor is Private and Confidential. Client confidentiality is respected at all times except in situations where there is a danger of self-harm or for others

To know more or to fix an appointment
Phone: +91 96321 46316

Email: counselor@innerdawn.in

Website: www.innerdawn.in

You can also join us on:

Facebook: <http://www.facebook.com/innerdawncounseling/>

Twitter: <https://twitter.com/innerdawn>

Linkedin: <http://in.linkedin.com/in/innerdawn>