



Life Design Studio



Counselling
Consulting
Coaching

*Life is not waiting to become easier,
It is waiting to be understood,
Understanding changes perspective,
Perspective changes decisions,
Decisions changes life.*

The Life Design Philosophy

Understanding Life Before Designing It

Life is Beautiful... But It Is Not Always Easy

Every one of us is living a life.

A life filled with hopes and responsibilities, relationships and dreams, achievements and disappointments.

From a distance, people's lives often appear complete.

Yet behind every smile may be silent questions.

Behind every success may be unseen struggles.

Behind every strong person are moments of uncertainty that few people ever witness.

Perhaps you have experienced some of them yourself.

There are times when life feels confusing...

When relationships become difficult.

When responsibilities become overwhelming.

When success no longer brings the happiness you expected.

When your own thoughts refuse to become quiet.

If you have ever experienced such moments, please know that you are not alone.

They are not signs that life has gone wrong.

They are signs that you are **human**.

Life is constantly changing, and every human being must learn how to grow through that change.

Understanding Life

From childhood, we are taught many things.

How to read... write... compete... succeed... earn a living...

Yet very few of us are ever taught something equally important...

How to understand life.

No school teaches us how to respond when relationships become difficult...

How to remain calm when circumstances suddenly change...

How to understand our emotions instead of being controlled by them...

Or how to make wise decisions when the mind is filled with confusion.
Life quietly becomes our greatest teacher.
Sometimes through success... failure... love... loss...
Every experience asks the same question:

"Will this experience break you, or will it help you grow?"

At Life Design Studio, we believe that life cannot always be controlled.
It cannot always be predicted.

But it can always be understood.

When understanding grows, fear gradually gives way to clarity,
confusion begins to transform into confidence, and uncertainty
becomes an opportunity for growth.

*"Life does not ask us to avoid every challenge.
It asks us to grow through every challenge."*

The Rhythm of Life

Look at a heartbeat... It rises... It falls... It rises again...
No doctor wishes for it to become a perfectly straight line, because the
movement itself is the sign of life.
Human life follows the same rhythm.
Moments of happiness... sadness... success... failure...
We often spend years hoping that life will one day become completely
stable.
Yet uncertainty is not the enemy of life.
It is one of life's greatest teachers.
The purpose of living is not to eliminate uncertainty.
It is to develop the wisdom to remain balanced while life continues to
change.
Because balance is not something we achieve once.
It is something we practise every day.

*"The only certainty in life is uncertainty.
The art of living is learning to remain balanced within it."*

Growing Through Three Dimensions

The Physical — through which we experience the world.

The Mental — through which we think, learn and make decisions.

The Spiritual — through which we discover the quiet awareness beyond our changing thoughts and circumstances.

These are not separate journeys... They are one journey.

A healthy body, brilliant mind or material success alone cannot create a meaningful life, inner peace or fulfillment.

True growth is balanced growth.

"The purpose of human life is not merely to survive or succeed. It is to strengthen the body, refine the mind and awaken to consciousness."

Why Life Design Studio Exists

Every person experiences moments when life feels heavier than usual.

Sometimes because of failure... relationships... responsibilities...

Sometimes simply because life becomes difficult.

During such moments, the mind naturally becomes occupied with the problem rather than the solution.

Thoughts begin to move in circles... Clarity slowly disappears...

This is not weakness... It is part of being human...

Sometimes, before we need advice, we simply need someone who truly listens... creates space for our thoughts... helps us see what we are temporarily unable to see ourselves.

That understanding became the beginning of Life Design Studio.

Whether through counselling, consulting or coaching, our purpose remains the same:

To walk beside people when life becomes difficult.

Not because we are free from life's challenges ourselves, but because we believe no one should have to face those moments alone.

"We are not companions only in moments of happiness.

We are honoured to walk beside people when life becomes difficult, because it is often during those moments that understanding becomes most meaningful."

About Kaushal Lakhani

The Journey Behind Life Design Studio

Like many people, I began life without questioning it very deeply. As I grew older, life's experiences quietly changed the way I looked at the world. Some brought joy, others brought challenges, but each one became a teacher.

Instead of asking, "**Why is this happening to me?**"

I gradually began asking, "**What is life trying to teach me?**"

That single question transformed my journey.

My academic journey introduced me to Philosophy and Psychology. My practical learning came from observing people, listening to their stories and reflecting on my own experiences. Life itself became my greatest classroom.

And every person I have met has become one of my teachers.

One of the greatest blessings of my life has been the guidance of mentors. Their wisdom shaped not only my thinking but also my character. They taught me that seeking guidance is not a weakness, but a commitment to continuous growth.

My professional journey began with values education and gradually expanded into teaching, counselling, mentoring and emotional consultancy. Over the years, I have had the privilege of working with students, families, professionals and organisations.

Every classroom has taught me humility.

Every counselling session has deepened my compassion.

Every conversation has expanded my understanding of human life.

Perhaps that is why teaching and counselling have never felt like work to me. That have become my own therapy.

My Approach

I do not believe in giving people answers.

I believe in helping them discover their own.

Every individual already possesses the ability to think, understand and grow. Sometimes that ability simply becomes hidden beneath fear, confusion or emotional pain. If, after a conversation, someone begins seeing life more clearly than before, I believe that conversation has already served its purpose.

Life Design Studio is not merely my profession.

It is the natural outcome of everything life has been teaching me.

A place where philosophy becomes practical...

Where conversations become meaningful...

And where understanding becomes the beginning of transformation.

A Journey Shared

No meaningful journey is ever travelled alone. Behind every step of Life Design Studio stands my life partner, **Rency Lakhani**, whose quiet strength, unwavering support and shared commitment have been an integral part of this journey. Life has given us the opportunity to grow together—not only as husband and wife, but also as fellow learners, teachers and companions on the same journey.

At Life Design Studio, Rency contributes by assisting in coaching programmes and leading Yoga-based coaching sessions. As a certified Yoga Trainer, she helps individuals cultivate physical well being, mental balance and a healthier lifestyle through mindful living.

Her calm presence, caring nature and spirit of contribution beautifully complement the philosophy of Life Design Studio. Together, we continue learning, growing and serving through the shared vision of Life Design Studio.

About Life Counselling Services

Understanding the Person Before the Problem

Life is not always difficult.

But there are moments when it becomes difficult to carry alone.

Relationships become complicated.

Emotions become overwhelming.

Decisions become confusing.

Or sometimes, life simply loses its balance.

Seeking counselling during such moments is not a sign of weakness.

It is a sign of self-awareness and the courage to move forward.

At **Life Design Studio**, we believe that before a problem can be understood, the person must first be understood.

Our purpose is not to solve your life.

It is to help you see it more clearly, so that you can move forward with greater confidence, balance and awareness.

When Can Life Counselling Help?

- Emotional stress, anxiety and overthinking
- Relationship, marriage and family concerns
- Parenting challenges
- Career, education and life decisions
- Grief, loss and major life transitions
- Low confidence and emotional imbalance
- Personal growth and self-understanding
- A desire to live a more meaningful and balanced life

Who We Walk With

- Individuals
- Students
- Couples
- Families
- Parents
- Professionals
- Senior Citizens

Every counselling journey is personalised, because every individual and every life story is unique.

Our Approach

Every meaningful conversation begins with listening.

We listen with patience.

We understand without judgement.

We encourage reflection before offering guidance.

Rather than giving ready-made answers, we help people discover their own perspective, strengthen their thinking and make decisions with greater awareness.

Because lasting change is not created by advice.

It is created by understanding.

A Safe Space to Be Yourself

Seeking counselling requires trust.

We honour that trust with complete confidentiality, professional ethics and genuine respect.

Everything you share remains private.

You are free to speak openly, honestly and without fear of judgement.

Because meaningful counselling begins when a person feels safe enough to be understood.

Your Story Matters. Your Privacy Matters Even More.

*"Sometimes people do not need advice.
They simply need someone who genuinely understands them."*

About Life Consulting Services

Building Stronger People. Building Stronger Organisations.

Every successful organisation is built by people.

When people grow, organisations grow.

When values become culture, performance follows naturally.

At **Life Design Studio**, we partner with organisations to build workplaces that are productive, emotionally healthy and people-centred.

Our purpose is not merely to solve organisational challenges.

It is to help leaders build stronger relationships, healthier workplace cultures and organisations where people can grow together.

Our Consulting Services

- Leadership Development
- Organisational Culture & Values
- Employee Emotional Wellbeing
- Human Resource Development
- Team Building & Collaboration
- Communication & Conflict Resolution
- Family Business Relationships
- Value-Based Management
- Employee Engagement
- Training & Development Strategy

Who We Work With

- Businesses & Corporate Organisations
- Family Businesses
- Educational Institutions
- NGOs & Trusts

- Entrepreneurs
- Leadership & Management Teams

Every consultation is thoughtfully designed around the unique goals, culture and challenges of the organisation.

Our Approach

Every organisation is unique.

That is why every solution should be too.

We begin by listening... We observe... We understand...

Then we recommend.

Our consulting combines practical thinking with human values to create meaningful, sustainable and people-centred solutions.

Because healthy organisations are built by healthy people.

Professional Trust

Meaningful consulting requires complete trust.

Every discussion, strategy and organisational matter is treated with complete confidentiality, professional ethics and mutual respect.

Your information remains private, allowing every conversation to remain open, honest and solution-focused.

Because lasting partnerships are built on trust.

"Strong organisations are not built by systems alone. They are built by people who understand, trust and grow together."

About Life Coaching Services

Growing Before Life Demands It

Growth is one of life's greatest responsibilities.

While counselling helps us navigate difficult moments and consulting strengthens organisations, coaching prepares us for the future by helping us become stronger, wiser and more capable.

At **Life Design Studio**, coaching is not about pushing people towards success.

It is about helping them develop the knowledge, skills, values and mindset to live with greater purpose, confidence and balance.

Because the better we prepare ourselves today, the better we respond to tomorrow.

Our Coaching Programmes

- Personal Growth & Self-Development
- Life Skills & Emotional Intelligence
- Values & Character Development
- Yoga & Mindful Living
- Leadership & Personality Development
- Student Development
- Professional Growth
- Goal Setting & Life Planning

Who We Coach

- Students
- Individuals
- Professionals
- Entrepreneurs
- Educational Institutions
- Corporate Teams
- Community Groups
- Govt Organisations

Every programme is thoughtfully designed around the goals, aspirations and stage of growth of each individual or organisation.

Our Approach

We do not believe in creating dependency.

We believe in developing capability.

Through interactive learning, practical reflection and meaningful experiences, we help people strengthen their thinking, discover their potential and build habits that support lifelong growth.

Because real growth is not measured by what we achieve.

It is measured by who we become.

Growing Together

Learning never truly ends.

That is why coaching at Life Design Studio is designed as a journey of continuous growth rather than a one-time programme.

Along with Life Coaching, we also offer **Yoga-based Coaching**, led by **Rency Lakhani**, helping individuals cultivate physical well being, mental balance and a healthier lifestyle through mindful practice.

Together, our coaching programmes support the balanced development of the **body, mind and spirit**.

"The greatest investment you can make is the investment you make in yourself."

A letter to YOU...

If there is one thought I would like you to carry with you after reading these pages, it is this...

Please be gentle with yourself.

Life is not a race that must be won, nor a problem that must be solved before you can feel at peace.

You will have days when everything seems to fall into place.

You will also have days when nothing makes sense.

Both are part of living life.

You do not have to become perfect. You only have to keep becoming a little wiser, a little kinder and a little more conscious than you were yesterday.

And whenever life feels uncertain, pause for a moment.

Take a deep breath. Look within. Trust that every experience still has something to teach.

I sincerely hope your journey is filled not only with success, but with wisdom... Not only with achievement, but with meaning... And not only with long years, but with a life that is truly lived.

With warm regards,

Life Design Studio

*There is no perfect time to begin,
There is only this moment,
And this moment is enough,
To take the first step.*

Kaushal Lakhani



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