

Meet My Business Harsheila Bhaga

HB Wellness Basics

<https://baird.media>

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Hendrik: Harsheila. So tell me tell me a little bit about yourself what you do and where you are and, and how you help people and how you make your magic.

Harsheila: So glad you asked that. It's been quite a journey close to my heart, is being a mom and then an entrepreneur and an adventurer. So my business journey is about helping moms.

It's an empowered parenting program. Which is now fully online. And now I'm able to help people as a life coach and hypnotherapist. And that's my 30 day program. And that's been a huge passion cause I've been able to help so many people with anxiety and stress.

Hendrik: So tell me your, your journey. How did you, how did you get into this?

Harsheila: so becoming a mom was a big deal for me, and I started my learning journey on answering every question I could that came [00:01:00] up and through the journey, I did a lot of research and training and became a trainer was empowered, was to have moms and babies. And as life takes you, I became a mom. Of a young man, young man, and then a teenager, and then the stressors added up and I didn't know how to cope with it.

And over time I felt overwhelmed. And then I got to my homeopaths, and then I started joining the dots together. I got told that I was in burnout, and I traced it back to a time when I was on holiday in Kerala. And you know, when you in Kerala, you've gotta go to the IIC doctors. And then he gave me some treatments and he said, told me, do a couple of yoga routines [00:02:00] every day of your life.

And I thought, oh, wow, that's fun. He gave me some purple tablets, which were great, and I carried on with life. And then through the ups and downs. And I

soon discovered that that was my default way of being burnout, going through the depths and then figuring out my good routines and back again. And through this journey, I've developed skills and tools that help help you me identify burnout, clients I stress, and lots of tools, how to overcome it.

And with my training in life coaching, which brought such great relief to issues that I had, and through the process of learning hypnotherapy and uncovering so many of my conscious habits and traits, [00:03:00] I'm now able to help people in stress and burnout situations. So that's kind of where I'm at.

Hendrik: So what you're saying is you experienced the stress in burnout yourself and found tools to help you, and now you're using those tools to help other people.

Am I getting it right? Yes, absolutely. Okay. So tell me a little bit about those tools and, and how do you help somebody who, who comes to you and says, look, I'm all burnt out. I dunno what to do anymore. Please help. How, how do you go about that?

Harsheila: Okay. So I look at their daily life, see what's happening, and we find triggers that's causing the stresses.

So it's a 30 day program where they come to me, they get coaching, we look at affirmations that they need to get out of their negative mindset, and then we work out a hypnotherapy session where they just relax. [00:04:00] It's like a deep relaxation. If you do meditation, prayer, that's your quiet time when you're going with him.

So hypnotherapy is just another level of going deep into the subconscious, uncovering what's troubling you your belief systems, and just getting rid of one at a time, relieving the stress. All those little stresses, anxieties, fears, and phobias. That's like in the 30 day program, one problem at a time.

Hendrik: So what is the end result after 30 days?

Harsheila: Most clients from session one already feel a 60% reduction in their stress for the day. And in the 30 day program, imagine dropping that stress 60 to [00:05:00] 90% because it's weak. On weak. It's not a one hit wonder. We are deeply wired. What we see, the smile on the face is just one layer, and we know the iceberg goes so, so deep.

So we uncover 30 days at a time. The deep players, getting them feeling calmer and peaceful and joyful. Bringing those aspects higher entire lives doesn't cost much in terms of, you know, having things and experiences. It's about mindset. We start there and then everything just start falling into place.

Hendrik: So, I mean, this is where everything comes from.

I'm doing some readings at the moment and it's all about, we become what we think. And we have these habitual thought patterns that rule our lives, and most people are not aware of them. And it, it can get to [00:06:00] a point where you lose control and, and like you say, you get burnout and, and stress beyond belief.

And so, so this program of yours, is it an in-person thing? You've said something about being an online. How does it work practically?

Harsheila: I work with clients all over the country in South Africa at the moment and globally. So it's all online since Covid. Everything's online. It's effective online as in person.

If you're in the Johannesburg area, we meet and if it's if you're anywhere further, it's online. So there's a flexibility there. So, so it's, it's like zoom sessions with you? Absolutely. Okay. And then how many, how many times we can see you in a, in a month's time in that 30 day period? So in our 30 [00:07:00] day program, we have four sessions.

We have two one hour sessions, so it's a one hour session, week one, the next week. It's a 30 minute session. Week three, it's a one hour session, usually pair of hypnotherapy or going deeper depending what the client needs. And week four is another 30 minute session, so four sessions in a month.

Hendrik: Okay, fantastic.

And how do people get hold of you if they're interested in doing this program?

Harsheila: They can get me on my Facebook page, HB Wellness Basics, or on my cell phone. South African Code plus 2 7 8 3 2 9 7 9 4 double zero.

Thank you very much for

Hendrik: that. And yeah, if you, if you're stressed out and you need some help, well here's somebody who can help.

You can you'll, you'll take all the links on the description of the podcast as [00:08:00] well, and let's support each other and, and make use of the expertise that's out there.

Harsheila: . Thank you Hendrik for this opportunity. I'd just like to tell the listeners that they're able to do seven steps to prevent burnout download.

So contact me either on the Facebook page, and I'll send, send them the list.

Hendrik: Okay, cool. Fantastic. Thank you very much for that.