

WHAT I OFFER



ONE-TO-ONE COACHING

Clarity, direction and meaningful change.



STRENGTH-BASED COACHING

Discover what is already within you.



MINDFULNESS-BASED PRACTICES

Pause. Notice. Breathe. Respond.



SUPPORT GROUP WORKSHOPS

Shared journeys in a supportive space.



PARENT WELLBEING

Nurturing wellbeing at home.



TEACHER WELLBEING

Wellbeing in schools and beyond.



WELLBEING RETREATS

Pause, reflect and reconnect.



POSITIVE AGEING

Flourishing at every stage of life.

You are not broken.
You do not need fixing.
All you need to do is tap into your internal resources.



WE ALL HAVE THE RIGHT TO FLOURISH.

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I AM ENOUGH | FLOURISH®



Anika Kumar Vashishth

Positive Psychology Practitioner
Wellbeing Coach

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The absence of mental illness does not necessarily mean the presence of mental wellbeing.

Keyes, 2006

”

MY APPROACH

Science + Practice + Self-Awareness.



POSITIVE PSYCHOLOGY

Exploring strengths, wellbeing and what helps us flourish - not just function.



NEUROSCIENCE

Understanding how our brain shapes our thoughts, emotions and behaviour.



CBT INFORMED

Bringing awareness to our thought and emotion patterns - and shifting them.



MINDFULNESS

Cultivating presence and the capacity to respond with intention.

I AM ENOUGH | FLOURISH®

पूर्ण (PŪRṆA)



P

Presence

U

Understanding

R

Resilience

N

Nurture

A

Agency

PURNA is derived from the Indian Sanskrit word Pūrṇa (पूर्ण), which represents wholeness, completeness, fullness or that which is complete in itself.



PURNA invites us to recognise the whole person - with our strengths, experiences, challenges, values, relationships, possibilities and inner resources.

MEET ANIKA

What enables us merely to function, but to flourish?

Anika Kumar Vashishth is a Positive Psychology Practitioner, Certified Coach and founder of I AM ENOUGH | FLOURISH. With a Master of Applied Positive Psychology from the University of Melbourne, certification in Positive Education, coaching and cognitive behavioural therapy and over a decade of experience, she has worked with individuals, schools, educators, parents, children and communities to cultivate environments where wellbeing can truly thrive.