

Let's Connect

If something here speaks to you, reach out. We offer a free consultation and would love to explore how we can support your next step.

Inside Out: A 6-Week Guided Journey

A safe supportive space to come to yourself

Inside Out is a 6-week online journey where we gently peel back the layers to help you reconnect with your true self. Together, we explore what's holding you back, what's calling you forward, and how you can begin to align more fully with the life you want—whether that's in your health, relationships, work, or overall well-being.

This isn't about fixing you. It's about understanding yourself more deeply—your patterns, your 'whys,' and the parts of your story that no longer serve who you're becoming.

We all find ourselves at times feeling stuck, uncertain, or restless. *Inside Out* is here to help you navigate that in-between space with clarity, insight, and compassion.

What the Journey Looks Like

Over six weekly Zoom sessions, we—Liza and Tanushree—hold space together. You'll meet both of us in every session, offering two distinct perspectives woven with one shared intention: to support you as you return to your inner knowing and create meaningful, lasting change.

Drawing from Eastern wisdom, modern psychology, embodied coaching, and lived experience, this process is rooted in real, human connection.

What you can expect

- Gentle inquiry to uncover hidden blocks
- Tools to shift old patterns and reconnect with your truth
- A clearer sense of what you truly want—and why it matters
- Practical support to begin taking aligned steps forward
- A space where you're met exactly as you are—no pressure, no fixing, just honest conversation

This is a beginning. You're welcome to take it as a standalone experience or continue more deeply through extended coaching. Only you know what feels right.

Who It's For

Inside Out is for you if you're:

- Craving more clarity, meaning, or alignment in your life
- At a transition point—whether in health, career, identity, or relationships
- Feeling emotionally overwhelmed, low in energy, or disconnected from yourself
- Navigating complex family dynamics (like blended or evolving families) and wanting tools for more understanding and harmony
- Ready to meet the next version of yourself—gently, intentionally, and on your own terms

How It Works

- 6 Weekly Zoom Sessions
- Co-facilitated by Liza & Tanushree—together, in every session
- Integrative approach blending health coaching, modern psychology, Ayurveda & inner inquiry
- Reflective tools + optional practices between sessions

This is a process of gently unpacking, realigning, and reimagining—held with compassion, curiosity, and grounded support.

Want to Know If It's the Right Fit?

We offer a free initial Zoom consultation to explore where you're at, what you need, and how we can best support you.

Reach out by phone or email to book your session.

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