

Anxiety in the area of Fertility

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Short Communication

Abstract

In today's generation, we notice a lot of places offering fertility treatment - IUI / IVF and various different methods. While the entire medical treatment has its own probability of success / failure, the emotions faced by couples undergoing such treatment is generally not taken into consideration. Many women have had suicidal tendencies immediately after a failure in fertility treatment. Anxiety issues due to fertility challenges affect productivity at work. Male infertility is on a rise though not many support groups openly discuss or help men handle their deeper emotions of shame / guilt, etc.

Biography

Anurama Suresh is recognised as a Global Covid Warrior by SAARC and Government of Karnataka, India. She is the Founder of Shreehi Consulting Services and a Mind Coach since 2010. Her venture, Shreehi Consulting Services was incubated at IIM Bangalore for 15 months. The Sanskrit term "Shreehi" represents "the Divine Mother". Conscious Conception is a key coaching area for Shreehi. Anurama and her team have helped many young couple understand and support each other during 3 key stages of pregnancy - Pre-Conception, various phases of pregnancy and Post-natal. Shreehi's outcome based mind coaching has resulted in 80+ successful pregnancies Anurama holds an Engineering degree & 10 years in IT. She is a certified Master NLP (Neuro Linguistic Programming) practitioner, Gestalt Therapy practitioner, NLP Coach, Process worker & Arhatic Yoga practitioner. With group workshops and one to one confidential mind coaching sessions, Anurama also helps young leaders uncover the missing connection between the life they lead and the life they aspire to lead. Mind coaching with Shreehi helps people become aware of their deep subconscious blocks and gently leads them to find their own answers and uncover their true potential. Since 2010 Anurama has conducted workshops in various companies, hospitals, colleges and schools. IBM, Xiaomi India, ResponsiveMTS, Amagi Media Labs, Faurecia, IIM B, BIG Hospitals, Neiya Speciality, Divakars Hopsital, Christ University, PSBB LLA, etc are few places where workshops have been conducted by Anurama and her team from Shreehi. With their mission towards "simplifying mind & being", Shreehi has touched and transformed 2000+ lives. More than 1200 of them are women who faced challenges related to work life balance, fertility challenges, anxiety issues, overcoming emotionally or physically abusive relationship, inclusivity issues at work, etc.

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