

# Saahil Mehta

DECLUTTERING COACH

Saahil Mehta teaches you how to take charge of your life effectively, improve focus, develop strong emotional connections, perform at your physical best and evolve your business, by mastering the **art of decluttering**.

“Learn to live fuller by starting to let go.”



Struggling to balance his successful career, family and a frantic feeling of anxiety, Saahil was not comfortable with the labels given to him and had lost touch with his true self, his authentic self and found emptiness and unhappiness in its place.

This led him on an extraordinary journey, refreshingly born out of isolation.

While trekking to the summit of the world's tallest mountains, unmasked in an environment without judgement - his eyes opened to how happy he could be without being encumbered by the negative thoughts and opinions of others.

This immense feeling of euphoria triggered his foray into decluttering. Decluttering from the material world, body, people and mind, in search of identity, focus and ultimately... unfettered happiness.

## Contact Saahil

**T:** +97150 440 0327

**E:** email@saahilmehta.com

**W:** www.saahilmehta.com

 @decluttering.coach

 @thedeclutteringcoach

### The results of decluttering for your business include:

- 1. Increase in time efficiency allowing for greater productivity.**
- 2. Improved relationships with colleagues, industry peers, clients and suppliers.**
- 3. More energy and positivity each day allowing for greater results and fewer sick days.**
- 4. Increase in profitability and better management of cash flow.**
- 5. More confidence in self, pushing boundaries to achieve abundance.**
- 6. A far more synergistic and harmonious workplace.**



Saahil Mehta  
DECLUTTERING COACH