

Hey Asha, you're looking a little worried! All good?

Hmm, well, you know I want to marry Ahmad but my parents are against it. It's making me sad and unable to focus on anything else. I don't know what will help me get out of this slump.

Okay, Have you tried speaking to the Guides from Life Unlimited?

Do you think that would help?



Why don't you speak with them and then decide.

a few days later

Much better, actually. Although the issue isn't resolved, it isn't the sole focus of my life at the moment. Speaking to the Guides really helped. Thank!

Hello, how are you feeling now?



Sometimes, all you need is a conversation.

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Your Friend, Guide & Confidant



How do I convey the importance of my career to my parents?



I sweat and panic each time I have to address an audience.



ADITYA BIRLA GROUP

Sometimes, all you need is a conversation.



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I have just shifted to a new city and miss my friends & family back home



I suspect my team members do not like me very much.



ADITYA BIRLA GROUP

"  
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is a conversation.



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Leaving kids at home makes me feel guilty. Added social pressure doesn't help.



My work makes me travel so much. I feel lethargic, tired and sleepy.

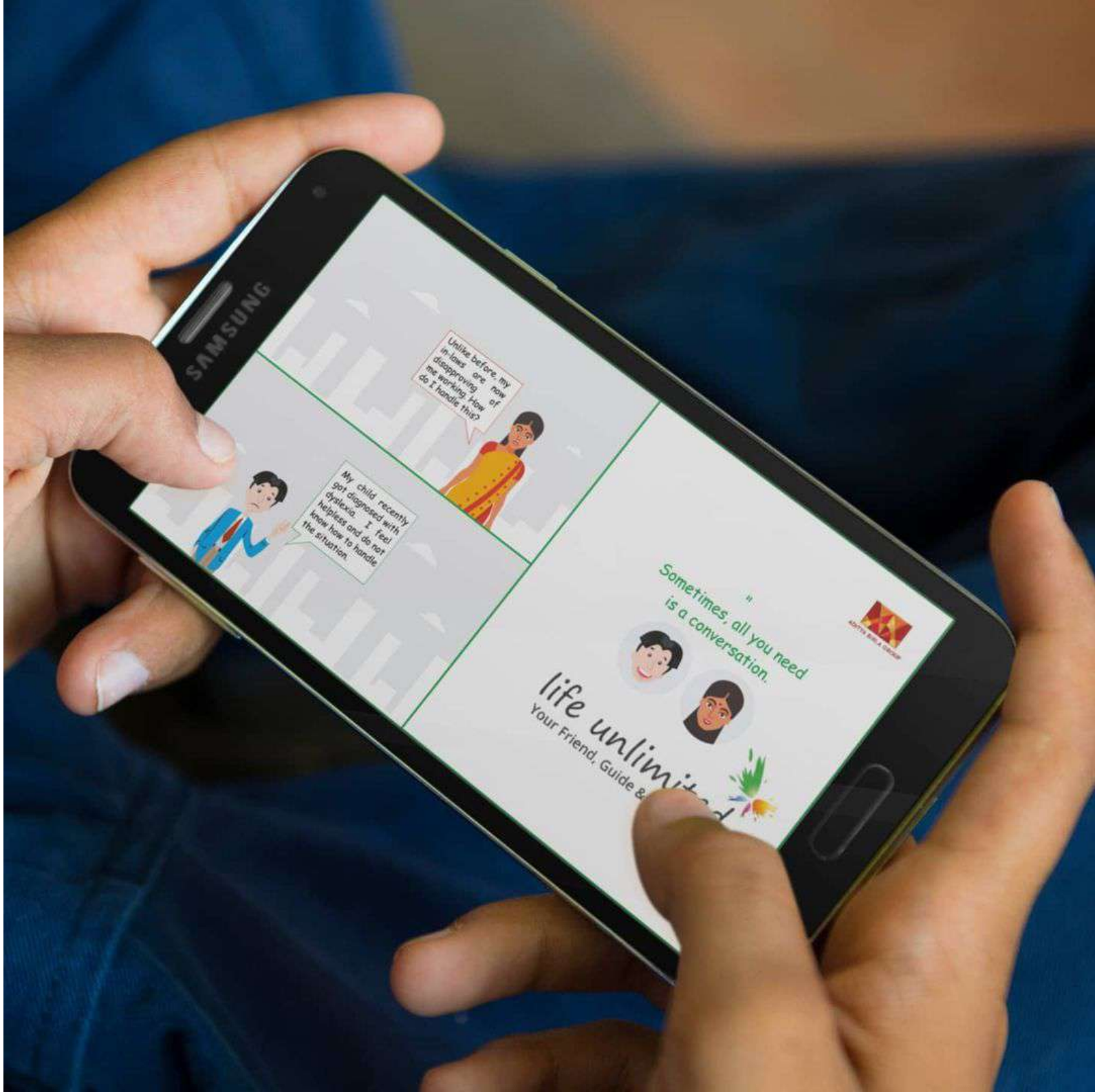


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Your Friend, Guide & Confidant



Unlike before, my in-laws are disapproving of me working. How do I handle this?

My child recently got diagnosed with cystic fibrosis. I feel helpless and do not know how to handle the situation.

"Sometimes, all you need is a conversation."



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