1:1 mentorship, online across India

Clarity on your next step, from someone who's been there.

Private sessions with Anuj for students, CAT and IPMAT aspirants, and young professionals who want direction, a plan and the mindset to follow through.

always 1:1, always Anuj



Anuj Kumar

Mentor, career strategist and founder, Mind Your Life

MBA, IIM Kozhikode

CAT top percentiler

Consulting and strategy background

Mentored CAT, IPMAT, NEET, JEE and CUET aspirants

About Anuj

Anuj faced the same exam pressure and career confusion as the students he mentors, before graduating from IIM Kozhikode. He combines that with consulting, business strategy and career-development experience.

His approach is honest rather than hyped: he helps students understand not just what to do, but why, and builds clarity and habits that last longer than motivation.

Sessions often cover

- Career guidance
- MBA and IIM strategy
- Profile building
- Student mindset
- Career decisions
- Personal branding
- Interview preparation
- Overcoming self-doubt

> **Practical, honest, relatable and student-focused, helping young people turn uncertainty into direction.**
>
> Mission: to give students clarity, confidence and direction, so they build careers and lives they're proud of.

Most popular

Life and career guidance

01

For students and young professionals who feel unsure about their career, their consistency, their confidence or their next step, and want clarity, a roadmap and stronger mindset systems.

What you get

- Deep 1:1 guidance sessions with Anuj
- Clarity on career and life decisions
- A personalised roadmap for your goals
- Mindset and discipline frameworks
- Honest conversations and practical guidance
- Free chat access to Anuj
- Support for 90 days

structured conversations, not generic motivation

Choose your package

1 session	₹899
2 sessions Best value	₹1,299

Format	**Private 1:1 video call**
Validity	**Use within 90 days**
Between sessions	**Free chat access**

What changes after a few sessions

A sense of self one score can't shake

Your worth stops depending on a single test, rank or setback.

Control over stress and frustration

You learn to manage anxiety and anger when things are competitive or uncertain.

A career plan you believe in

You move from confusion to a clear roadmap, and understand why it fits you.

Discipline that lasts

Short bursts of motivation are replaced by daily consistency that adds up.

Book life and career guidance

Scan the code or visit **mindyourlife.in/personal**, choose the programme and pick a time that suits you.

For aspirants

CAT and IPMAT mentorship

02

For serious aspirants who want help with preparation strategy, college decisions, interviews and personality, from an IIM Kozhikode alumnus who has cracked CAT himself. Each session focuses on what you need most right now.

Session focus

Strategy and guidance

- A personalised CAT or IPMAT roadmap
- Preparation strategy and doubt clearing
- College and backup guidance

Session focus

Interview and personality development

- Expert mock interviews with feedback
- Personality and communication building
- Mentored by IIM alumni who cracked CAT

Package	What you can use it for	Price
1 session Private 1:1 video call	A roadmap and strategy, college and backup choices, or a mock interview with feedback	₹899
2 sessions Best value, use within 90 days	Plan first, then review progress, or combine strategy with a mock interview	₹1,299

Same pricing for CAT and IPMAT. Every session is online and one-on-one with Anuj, and slots are limited each month so every student gets real attention.

Book CAT and IPMAT mentorship

Scan the code or visit **mindyourlife.in/personal**, choose CAT / IPMAT and pick a time.

Book your session in three steps.

It takes under a minute, and you'll get a confirmation with the meeting link by email.

1

Choose a programme

Life and career guidance, or CAT and IPMAT mentorship. Not sure? Pick either; Anuj adjusts to your situation.

2

Pick a date and time

See live availability at mindyourlife.in/personal, shown in your own time zone.

3

Confirm your details

Booking is confirmed through Cal.id, with a calendar invite and meeting link.

Scan to book

mindyourlife.in/personal

Are sessions online?

Yes. All 1:1 sessions are online, for students anywhere in India.

Can a parent book for their child?

Yes. Book in the student's name and add a note in the booking form.

Is this only academic counselling?

No. Sessions combine career guidance, mindset coaching, profile building and life strategy.

What happens after I book?

You get a calendar invite with the meeting link. Use the reschedule link in that email if you need to change the time.

Website
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Instagram
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Mind Your Life.

Thank you.

Thank you for your trust. I'm excited to be part of your journey and to help you reach your goals.

Keep learning. Keep growing. You've got this.

Anuj

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