

Online Portfolio

Issac Paul

Head Psychotherapist and Coach

A collaboration of the information you need to know about me, my work, and what you can expect from working with me.

@wisteriacounselling | wisteriacounselling.com





About Me

Introduction

I am a professional in the field of Mental Health and Well-being who focuses on taking a holistic growth-based approach to help my clients in overcoming the odds and achieving their goals in their professional and personal life.

Over the course of my career as a practitioner, I have worked with numerous individuals across the world to help them achieve the outcome they were looking for, from habit-building to overcoming traumatic experiences to grow and tap into their potential to create the impact they have been looking for in their overall well-being.

I am also a marathon runner who works with athletes and individuals to help them find success through an experiential process of learning to challenge themselves in achieving their goals.



My Experience

Wisteria Counselling

April 2020 - Present

- Director and Head Psychotherapist/Coach
- Private Practice based out of Bengaluru, India
- Working with clients from across the world on their well-being issues.

cure.fit

May 2021 - October 2022

April 2018 - May 2019

- Transform coach in India's best fitness startup
- Coached clients to meet their health and fitness goals
- Developed individual training plans through a scientific and systemic approach.



My Work

- I have spent 4 years of my professional life helping clients tackle their mental health and well-being concerns while allowing them to be the best version of themselves.
- I have worked with individuals, small and large businesses from various sectors like technology, finance, medicine, education, and non-profit organizations in my career so far.
- I currently run my own practice named Wisteria, where I enable my clients to find their voices, tackle their challenges, and find suitable approaches to enable them to move toward problem resolution.
- I have worked with NIMHANS (National Institute of Mental Health and Sciences) India as a crisis counsellor during the COVID-19 pandemic and Therapy Route to aid individuals in Ukraine during the Ukraine-Russia war.
- Started working with athletes while being affiliated to various running groups in Bengaluru to help promote and develop amateur marathon running in India.
- I played the role of a co-founder in starting Against Ignorance, a human rights NGO, which was awarded the "Most Impactful NGO" award of the year 2015 by MSJ (Ministry of Social Justice) Kerala.



What my clients say about me

"Mr. Issac has helped me break out of my shell and feel more confident and sure of myself by the day. He has helped me understand that it's about being kind in times when we find it hard to be kind with ourselves."

"I have seen tremendous amounts of progress with my well-being goals after working with Mr. Issac. He has a good understanding of how to approach you and will help you identify ways to challenge yourself to be better."

"Wisteria has given me a safe space to express my thoughts and resolve some issues that have been longstanding in my life. I am truly grateful for the space that Mr. Issac creates for me."

"Wisteria consultation is the one thing I look forward to on a weekly basis. It has helped me let go of so many conflicts and replace them with hope, and belief that I can manage my situations better. Working with Issac has been life-changing for me."

"I started working with Mr. Issac as an amateur runner and if it were not for him, I wouldn't grow into becoming a brand ambassador for Brooks India eventually. He has helped me overcome my fear to find success."





Get in Touch

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