

Nahid Pakravan, Life & Behavioral Health Coach



Transform your mind, body, and daily life with a coach who blends behavioral health, emotional wellness, fitness, nutritional support, and beauty-health expertise into one integrated system

Nahid Pakravan is a certified Life and Behavioral Health Coach trained at PsycCoach Academy, blending professional expertise with lived experience and intuitive guidance. Her multidimensional approach integrates emotional regulation, behavioral change, fitness, and wellness coaching to support the whole person—mind, body, and self-image.

She helps clients break old patterns, build healthier habits, and reconnect with confidence through a mix of behavioral health strategies, structured habit work, PsycSync meditation, and personalized wellness guidance. As both a coach and fitness/diet specialist, she understands the psychology of change as deeply as the science of the body.

Clients describe Nahid as warm, intuitive, and structured—a supportive guide for emotional balance, lifestyle transformation, weight-loss goals, and beauty-aligned wellness.

[Learn About Nahid's Approach Book a Consultation](#)