Nasrin Barbic

I would never have guessed that my life would have brought me to where I am today, as a Life Coach, Hypnotherapist, and Entrepreneur, making a real difference in the lives of others. The path I was on initially was much different and didn't come close to resembling where I am now. My B.S. degree is in Computer Science, and I have a Master's in Information Technology. I worked for NASA and later for George Washington University. My career was strictly based in the areas of science and analysis.

To an outsider, my life looked perfect. I had a stable, well-paying job, a good husband, two beautiful sons, and a lovely home. But something was drastically missing in my life. And for so long, I had no idea what that missing piece was. I woke up one day and just felt completely lost and confused. I was unhappy at work, and I was fighting to keep my marriage together.

In 2014, my husband and I separated, and I was left struggling to figure out what to do with my life. I tried therapy and counseling. Neither one helped. On the suggestion of a friends, I decided to try doing yoga. Through yoga, a flicker went off inside of me; it allowed me to truly get in touch with myself. I loved yoga so much that I became a trained yoga instructor which led to me becoming a Master in Reiki, a form of energy healing.

Yoga was helping, but I knew I needed more help. Since I was having no luck with therapy, I made the decision to hire a life coach and started working with a hypnotherapist. This turned out to be the best decision I could have made. The spark that yoga brought me was just the beginning. Coaching and hypnotherapy allowed that spark to turn into a brilliant shining light. Through the work with my coach and my hypnotherapist, I was able to discover my limiting beliefs and banish them from myself. I felt like a completely different person. My relationships changed completely, and for the better; I even got back together with my husband. But most importantly, my relationship with myself was different. I had finally learned to really love myself and experience true healing.

Having been on the receiving end of the benefits of coaching and hypnotherapy, I realized that I had discovered my life's purpose. I wanted to help others find empowerment as I had. I received my coaching certification from the Quantum Success Coaching Academy (a certified International Coaching Federation program) and received my hypnotherapy certification from Quantum Healing. I wanted to develop a coaching practice that would incorporate all I had learned: coaching, hypnotherapy, and energy healing. This way, I could help my clients experience the full benefits of all these areas and be able to access everything in one place. In 2018, I went full-time with my practice.

My mission is to help those who are struggling, stuck, or dissatisfied with their lives to experience inner healing and to guide them in obtaining the clarity they need to take control and truly live the life they desire. My approach of combining coaching and hypnotherapy helps clients look deep within themselves to eliminate limiting beliefs that are holding them back and replace them with an empowering mindset. My unique methods blend traditional coaching practices, scientifically proven techniques, and deep healing through hypnotherapy and Reiki to help clients release mental, physical and spiritual blocks to success in all areas of their lives.