

**Dr. NASRIN PARSIAN**  
**GYMHA BOARD MEMBER, EMOTIONAL HEALTH CONSULTANT,**  
**EDUCATOR, AND SPEAKER, NATIONAL COURSE CONVENOR AT**  
**INSTITUTE OF HEALTH & MANAGEMENT**

Dr. Nasrin (Nas) Parsian is a health professional experienced and studied in a wide range of paradigms, evidence-based Practice in health care, holistic care, Children and Adolescents' health, psychosocial health, quality of life, and spirituality and self-transformation. She has also a background of clinical nursing education, and recent skills and knowledge of the art of interpersonal communication and Neurolinguistics Programs (NLP).

Dr Parsian is practicing now both as a lecturer in undergrad and postgrad education and also a consultant and speaker for emotional health. She is also a director of her own small coaching business operating as A.R.T for Inner Growth.

Nasrin's breadth of knowledge is diverse. Her particular focus in teaching is chronicity, holistic care and Child and adolescent's health. Her consulting areas are anxiety management, improvement of relationships, transformational coaching and resilience improvement to achieve better coping with the challenges and difficult life transitions.

Nasrin has a passion to motivating people to be their best "Self", break state through their empowerment and self-transformation and live their fullest lives. She has a passion of ancient spiritual stories and mystics of Rumi.

Nasrin is compassionate with a heartfelt desire to uplift and inspire people to achieve a healthier life, revise the old beliefs to enable enjoying their fullest life.