

Welltopia: Experience Life as it should be – a Blissful Experience

You fall, you rise, you make mistakes, you live, you learn. Life is all about collecting experiences that shape you as a person. When you least expect, it smacks you in the head and reminds you to get back on your feet, and face reality, time and again. Learning from your failure, weakness, rejection, loss, pain, and misery is what makes life a mesmerizing experience, and help you grow up to your potential. Along the way, you'll fall but every time you rise from it, you grow stronger and wiser! Always remember to appreciate the beauty of staying alive – to breathe, to think, to enjoy, to overcome fears and to chase the things you love. To do so, you must always keep going forward even when the road gets tough, for you will never know what is waiting for you just around the corner.

Evolving with time and imbibing a positive mindset could be challenging, but once you embrace this, it can be a life-changing moment that will help you achieve impeccable results. It is these qualities that led us to a man of multiple facets,

Dr. Sandeep Gupta, a renowned sports physician, motivator, counsellor & life coach, and the founder of Welltopia, who has had his set of a roller-coaster ride, where two out of four ventures have failed.

“To be able to guide somebody to get back up on their feet and achieve success, you need to be able to put yourself in their shoes and speak the same language. It is only possible if the coach has gone through similar experiences to be able to connect to a person’s intellectual level that builds trust, and guides them in the right direction. Just by reading a few motivational, and life-changing books/stories, shouting and making videos will not do justice as a life-coach,” smites Dr. Sandeep Gupta, on a strong note.

Today, the company is setting a new benchmark in the industry by offering a plethora of personalized services to its clients in the area of lifestyle diseases, sports therapy, life-coaching, anti-aging, and psychotherapy.

“Life-coaching has become a lucrative business. Not many people are doing it genuinely to transform people’s life or help them grow, they are pursuing this only to make their wallet fatter and better,” avers Dr. Sandeep, “ask these life-coaches, what are their worst failures? How hard have they fallen down? How

and struggling entrepreneurs among others. Interestingly, till date, he has been offering life coaching services for free. “In simple words, anybody in life who has challenges, they need a life coach,” smiles Dr. Sandeep.

The Future Looks Bright!

Based in Noida, team Welltopia includes experienced professionals, doctors, mentors, innovators, psychiatrists, sports physicists, and others. Overall, the team consists of more than 30+ people, who are determined and dedicated to delivering positive and result-oriented outcomes to its



Vision will only lead you to goodness, and greatness will demand imagination - a powerful one!



Sandeep Gupta,
Founder & Director

Welltopia: The Premium Healthcare & Life Enhancement Centre

A man of few words, Dr. Sandeep leading the company comes from a vibrant background and expertise in Medicine, Management, Finance, and Investment. He has worked in reputed institutions such as LNJP Hospitals, Max Hospitals in the early part of his career.

He completed his MBBS from S. N. Medical College, Agra and pursued his Post Graduation from Maulana Azad Medical College, New Delhi. Further, his inclination towards entrepreneurship led him to pursue an MBA from the University of Melbourne, Australia in 2005-06. After which he worked as a consultant to hospitals in the UAE and advised a few on structuring and capital rising.

In 2017, he founded Welltopia, premium healthcare and life enhancement center that provides a gamut of services that improves and enhances the quality of human



Learning from your failure, weakness, rejection, loss, pain, and misery is what makes life beautiful and worth living... Ability to rise every time we fall makes us superhuman... It is this ability that helps us grow beyond our potential

have they risen from their bad experiences?” he questions. “I am very sure, they will not have an answer,” responds Sandeep, sharing the bitter reality of the industry.

Dr. Sandeep, as a life coach keeps it very real, whereby understands the clients on a personal level, builds rapport, and mentors/guides them on a continual basis by sharing his own failures/weaknesses, and how he overcome them successfully. Thus giving clients the real sense of what life looks like, and how they can incorporate the correct tools and techniques to raise beyond their potential. His clients include school going kids, higher education aspirants, working professionals,

clients. Bolstering innovation, the company, is set to develop a video coaching platform that is going to be beneficial for everybody.

Feeling optimistic about the future of Welltopia, Dr. Sandeep feeling contented says “Life is a culmination of all the experiences that we encounter. Happiness is often subjective. We need to enhance our overall experience to lead a healthy and peaceful life. Once we shine in our endeavors, we have to share our bounties with others so that they can also achieve the same success as us. Also, we must always take each of our experiences with positive attitude. That’s the only way forward to achieve desired outcomes.”

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10 Most Promising Life Coaching Companies – 2019

Life and Business coaching as a well established industry is coming into light increasingly with every passing day. People belonging to the business ecosystem as well as people from the common population have realised the need to be directed by a life coach for maintaining the needed work-life balance. Proper life and business coaching have also proved to be instrumental in realising the correct measures to go about in life. In simple words, life and business coaches are those people who help individuals and businesses understand the pain points, face the challenges in life, change their habits and realise their potential for professional as well as personal growth.

In order to help their employees reach the next level, several Fortune 500 companies are opting for “life coaching” as an essential aid for

professional development. The volume of demand that has been created for business and life coaches all around the world stands testimony to the overwhelming growth of this industry. Individuals starting from mid-level executives, entrepreneurs, students to housewives are currently availing life coaching services. A PwC report implies that the life and business coaching industry is growing at a rate of 50 percent and will continue to do the same for the next 5 years.

Taking the above developments under consideration, siliconindia has come up with a list of “10 Most Promising Life Coaching Companies” that have added significant values to businesses and lives of individuals since their inception. The following list has undergone deep scrutiny by a panel of judges that include CEOs, COOs, CTOs, CFOs, analysts and the startupcity editorial team.



Company:

Welltopia

Description:

Aspiring to provide holistic care to achieve wholesome health

Key Persons:

Sandeep Gupta,
Founder Director

Website:

welltopia.in