

**Explore, Experience & Realize
The Most Important Aspects of Life with us.**

Activities & Excursions

Effective Parenting

Healthy Relationships

www.lifeadve.com

Welcome to LifeAdve — where life meets adventure, and learning goes beyond the classroom.

We design powerful, activity-based experiences that strengthen parenting, relationships, and emotional well-being.

LifeAdve is more than a program — it's a journey of self-discovery, connection, and healing.

We bring together psychology, nature, and experiential learning to nurture stronger families and resilient individuals.

1 Activities & Excursions

Nature | Connection | Realization

Nature and activity-based excursion is an approach that emphasizes engaging person in outdoor activities, exploring nature and incorporating hands-on experiences into their learning and development.

This foster a connection with nature and promote physical, cognitive and social development.

The activities planned during these excursions are designed to be interactive, allowing them to engage with the natural world and develop various skills while having fun.

2 Effective Parenting
Connecting | Realising | Bonding

Programs for:

- 0-2 Years
- 3-6 Years
- 7-9 Years
- 10-12 Years

An outing and activity in the lap of nature that involves parents and their children, where parenting skills & interactions play a central role. The activities planned during these excursions are designed to be interactive, allowing Parents & Children to engage with the natural world incorporating elements of environmental education, physical activity and social interaction to develop various skills while having fun with effective parenting.

3 Healthy Relationships
Nature | Connection | Bonding

At **Life Adve**, we provide expert psychological counsellings and experience for individuals and couples, focusing on pre & post marital guidance, 18+ sexual wellness assessments, relationship consultancy, and fear management. This involves a well-organized, planned getaway, outing, journey, workshops, adventure activities, simulated counselling sessions, or simply leisure and bonding experiences aimed at enhancing communication, connection bonding between partners. You can consult the best psychological professionals through the **Life Adve** app, where you'll also find confidential self-assessment surveys with instant, automated evaluations.

4 Customised Subscriptions & Tie-Ups
Corporate | Townships | Schools

At **Life Adve**, we conduct customised activity-based psychological programs tailored for corporates employees and their family members, housing societies / townships, family groups and schools, for overall mental wellness. Our unique approach includes interactive modules on emotional intelligence, communication skills, activities and excursions. You can book and subscribe **our curated group packages** and gain access to exclusive programs designed to foster healthier relationships and stronger family dynamics for best productive for overall mental wellness.

Adventure Therapy Certification Course
Heal Through Nature. Empower Through Experience.

Break free from routine with a unique blend of psychology and nature. This 25-day journey combines 20 days of online theory with a 5-day immersive residential training to help you harness nature's healing power.

Why Join?

- ✓ Learn how movement & nature aid psychological healing
- ✓ Build resilience, confidence & emotional regulation
- ✓ Train with expert psychologists & adventure leaders
- ✓ Earn a certificate from the National I International Body
- ✓ Join a vibrant community of adventure therapy practitioners

Who Is It For?

Perfect for psychology students, counselors, educators, NGO workers, youth mentors, adventure lovers, corporate trainers & life coaches.

Course Perks:

- Course book (soft & hard copy)
- Practical tools for real-world use
- Hands-on nature-based experiences
- Certified upon completion

**First Time in India
Limited Seats
Enroll Now!**

Reconnect. Reflect. Transform.
Be part of the healing movement through nature.

Become a Life Adve Partner | Franchise

Connect | Consult | Grow

At **Life Adve**, we welcome professionals from diverse fields—whether you're a psychologist, a parent-child relationship expert, a nature-based activity facilitator, a adventure expert, a health consultant, or a nutritionist.

If your work aligns with our mission of emotional well-being and holistic development, or if you're interested in becoming a **Life Adve** franchise partner, you can join us as a registered member.

We'll feature your profile along with your introduction video, allowing our subscribers to book consultations with you directly through the **Life Adve** app at your preferred timings.

Simply scan the QR code below to download the app and register to start earning through your expertise.

DOWNLOAD THE APP NOW!
Free Life Adve wellness practical guide (For first 1000 downloads only)
Book written & published by Founder - Vikas Gupta

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OUR TEAM

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