

# Jagbir KANG

## TWO-LINE BIO

Jagbir Kaur Kang, MA, MS, is an international speaker, a yoga and meditation teacher, and an advocate for domestic violence awareness. She is the founder of @ihealandgrow and empowers others to rediscover their inner strengths and shine through adversities.

## SHORT BIO (50 WORDS)

Jagbir Kaur Kang, MA, MS, is an international speaker, a yoga and meditation teacher, and an advocate for domestic violence awareness. She is the founder of @ihealandgrow and empowers others to rediscover their inner strengths and shine through adversities. She works as an MFT trainee and holds a master's degree in psychology from Harvard University Extension Studies.

## MEDIUM BIO (100 WORDS)

Jagbir Kaur Kang, MA, MS, is a survivor—proof that perseverance and persistence may lead to a path of healing. She has embarked on a quest to help others rediscover their inner strengths and bounce back from adversities. She also founded @ihealandgrow, an online community focused on post-traumatic healing and growth.

Jagbir is currently a Marriage and Family Therapist trainee and holds a master's degree in psychology (Dean's List distinction) from Harvard University Extension Studies. She is a yoga and meditation teacher and an international speaker who regularly delivers webinars on mental health and domestic violence. She lives in the San Francisco Bay area.

## EDUCATION

- MA Counseling Psychology, Palo Alto University, CA 2024
- MA Liberal Arts Psychology, Harvard University Extension Studies, MA, 2022
- BS/MS Computer Engineering, Santa Clara University, CA 2004



## LONG BIO (200 WORDS)

“Your hope and inner light will drive away the dreadful darkness that surrounds you.”

Jagbir Kaur Kang, MA, MS, is a survivor—proof that perseverance and persistence may lead to a path of healing. Thanks to her tireless determination, she beat cancer twice, overcame domestic violence, and discovered her purpose in life. Consequently, she has embarked on a quest to help others rediscover their inner strengths to bounce back from adversities and founded @ihealandgrow, an online community focused on post-traumatic healing and growth. She is currently a Marriage and Family Therapist trainee and holds a master's degree in psychology Psychology (Dean's List distinction) from Harvard University Extension Studies. As an international speaker, Jagbir has spoken at multiple international summits for domestic violence awareness. She is a yoga and meditation teacher and offers free weekly classes for the community to help others navigate their path to healing.

Jagbir lives in the San Francisco Bay Area in California, with her two teenage sons and their two dogs. In her free time, Jagbir loves cooking and baking for her kids. She also enjoys being outdoors and traveling.