

Seline Shenoy

Biography

Short version:

Seline Shenoy is an author, blogger, and podcaster whose work focuses on personal development, self-esteem, productivity, and culture.

Her online community—The Dream Catcher—connects and encourages thousands of readers and listeners every month from all over the world to live their dream lives and make a difference. She is a regular contributor to online publications such as Forbes, MindBodyGreen, Elite Daily, Life Hack, Medium, and others.

Seline's new book, *The Nomadic Soul: A Seeker's Guide to Finding a Sense of Self and Belonging in the Modern World*, is now available at thenomadicsoulbook.com.

Seline's mission is to help people live up to the truest expression of themselves by building a strong and balanced inner foundation of self-worth followed by designing a life that's in alignment with their personal vision. Through her unique blend of personal experiences and professional expertise, combined with a genuine devotion toward personal and spiritual growth, Seline offers solutions that are both intuitive and practical.

Learn more about Seline Shenoy at selineshenoy.com. Connect with her on [Instagram](#) and [LinkedIn](#).

Extended version:

Seline Shenoy is an author, blogger, and podcaster whose work focuses on personal development, self-esteem, productivity, and culture.

After working as a life and career coach for six years, Seline founded The Dream Catcher, a digital community that encourages its members to live their authentic dream life and make a difference in the world, which has been sharing its inspirational message to thousands of monthly readers across the world since 2014.

Over the past 15 years, Seline has been a part of award-winning agencies and companies in four different countries and is a regular contributor to online publications such as Forbes, MindBodyGreen, Elite Daily, Life Hack, Medium, and others. She is also the co-owner and managing partner of a software business.

In 2018, Seline launched The Dream Catcher Podcast, which features candid conversations with over a hundred and sixty self-help and spiritual wellness experts, including bestselling authors, influencers, spiritual leaders, and scholars.

That same year she published her first book, *Beauty Redefined: How to Feel Authentically Beautiful in Today's World* (Austin Macauley Publishers, 2018), a guide to finding and redefining beauty standards.

Seline's new book, *The Nomadic Soul: A Seeker's Guide to Finding a Sense of Self and Belonging in the Modern World*, is now available at thenomadicsoulbook.com.

Born and raised in Dubai and educated in the United States, Seline considers herself a global citizen, having traveled to over 38 countries. Her mission is to help people live up to the truest expression of themselves by building a strong and balanced inner foundation of self-worth followed by designing a life that's in alignment with their personal vision. Through her unique blend of personal experiences and professional expertise, combined with a genuine devotion toward personal and spiritual growth, Seline offers solutions that are both intuitive and practical.

Seline holds a B.S. in marketing and psychology from the University of Illinois, Urbana-Champaign, and a master's in global marketing and advertising from Emerson College in Boston. In 2020, she earned a master's in journalism with distinction from the University of Southern California in Los Angeles. She holds certifications in hypnotherapy, life coaching, Natural Language Processing (NLP), personality assessments including MBTI and Strong Inventory, and creative and sales content writing.

In 2021, Seline was awarded the prestigious UAE Golden Visa, a long-term residence visa granted by the Dubai Culture and Arts Authority in recognition of her contributions to writing and podcasting.

Read her blog at thedreamcatch.com and listen to her podcast at selinshenoy.com/thedreamcatcherpodcast where she posts inspirational content to live the life of your dreams and the make a difference in the world.

Learn more about Seline Shenoy at selinshenoy.com. Connect with her on [Instagram](#) and [LinkedIn](#).

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