

Seetha Sagarán

Seetha is a Personal Development Trainer, Lifestyle Consultant and Motivational Speaker with a background in English, Psychology, Counselling (including Crisis & Trauma Counselling, (U.K), Hypnotherapy, Metaphor Therapy and Teaching Children with Special Needs (U.K). She is also a Licensed Practitioner of Neuro-linguistic Programming (NLP) from The Society of Neuro-Linguistic Programming (U.S.A). A member of Toastmasters International (U.S.A) for the last 15 years, she is also a Distinguished Toastmaster (DTM).

A recipient of Global Training & Development Leadership Award - 2017, Exceptional Women of Excellence Award – 2020, she specializes in –

- 1) Workplace Management Training Programs - some of the Workshops in this series are: Positive Psychology in the Workplace, Effective Communication, Customer Care and You.
- 2) Personal Development Training Programs - some of the Workshops in this series are: Public Speaking, Stress Management and Art of Self-Motivation.
- 3) Career Development Training Programs - some of the Workshops in this series are: Creative Problem Solving, Time Management & Negotiation Skills, Assertiveness & Self Confidence.
- 4) Workshops for Social Welfare Organisations (Orphanages, Homes for Elders & Individuals with Special Needs).
- 5) Motivational Keynote Speaking
- 6) Mentoring Program (For Personal & Professional Development & Growth)

Her philosophy for well-being can be summarized as Individual Excellence, Personal and Professional Enhancement of Knowledge, Wisdom and Happier Living.

Her forte lies in presenting creative Training Programs/ Workshops that have an emphasis on the principles of Psychology, Counselling, Creativity, Neuro-linguistic Programming (NLP) and Hypnotherapy. Seetha is a member of Toastmasters International (USA), National Federation of Neuro-Linguistic Programming (NFNLP), USA, Institute of Counselling (U.K), Indian Musicians Forum, U.A.E, Healthcare & Biological Sciences Research Association (HBSRA), (India), Social Science and Humanities Research Association (SSHRA), (India), Teaching and Education Research Association (TERA), (India), Global Psychology and Language Research Association (GPLRA), India.

She is also an Honorary Life Member of ALL Ladies League (ALL), a worldwide networking body with over 150,000 women members worldwide across 1200+ chapters in 150 nations (associated with Women Economic Forum (WEF), India.

Seetha is a coauthor of the motivational book, “Your Dose of Motivation”. In the book, she shares some of the lessons from her life, and attempted to simplify the concept of self-motivation. The role of self-motivation is further elaborated through personal anecdotes and its importance in our life and how it helps us to help others grow too in the process.