



I'm Rashmi Balakrishnan

As a Learning Partner, I delight in creating safe spaces for individuals to tap into their truest experiences. Besides learning and delving into the intricacies of effective communication, I enjoy helping them become aware of their behavior patterns that are challenging and supporting behavioral change. My previous work experience has involved breaking barriers around mental health and creating spaces where everyone's experience is honored. Besides working with diverse groups such as at-risk children, LGBTQIA, adolescents and women, I also serve as the Chair of the Creative Movement Therapy Association of India (CMTAI), South Zone and am a council member of the Karnataka Mental Health Council, WICCI.

When I'm not busy coaching, you will often find me engaging in dance, music, and visual art. My creative expressions give me great joy as does reading and writing

Core Competencies

Emotional Intelligence | Life skills | Gender Sensitivity | Self-awareness | Communication | Presentation Skills

Professional Development

- Counseling course Banjara Academy
- Basic acting course from Yours Truly
- Creative Movement Therapy with CMTAI and UNICEF
- 'Women's Spirituality' with Rekha Govindan Kurup

Industries Covered in Training

Information Technology | Financial Services | Engineering | Mining
| Education | Volunteer Work