

JOURNEY OF OUR FOUNDER

Ms. Padmajaa Iyer. She brings with her, nearly two decades of experience helping individuals from all walks of life including working professionals, CXO/ CEOs, elderly people, school kids, underprivileged kids, teachers, heads of education institutions, celebrities, and other public figures. As a Mindful living and Conscious leadership Coach for corporates, she has pioneered zen spaces and wellness programs in various institutions across India.

She worked as a Montessori school teacher and with various educational institutions, helping children understand their inherent potential. She is trained in various Holistic Modalities of Healing and Therapy under luminaries including Dr. Newton Kondaveti and Dr. Lakshmi (pioneers of Past life Regression in modern India), Dr. Sumant Kant Kaul, Late Leonard Orr, and Nithya Shanti, the globally acclaimed Ambassador for Conscious living. She is a certified therapist and a gold medalist in Past life Regression Therapy, Inner Child Work; certified Rebirthing Breath-Work professional, by Rebirthing Breathwork International; and a certified Theta healer, from the THINK institute USA among various other modalities.

She is currently the Chief Operating Officer (COO) of Fun Wise Consulting, an organization founded by her mentor and Guru Nithya Shanti, a platform to instill a consciousness-based paradigm into organizational thought processes and culture. A vegan by choice, Padmajaa is based out of Bangalore and is passionate about biking, golf, cooking, and traveling.

KEY AREAS OF EXPERTISE:

1. PERSONAL MASTERY
2. THE ENNEAGRAM FOR TEAM COLLABORATION
3. CONFLICT MANAGEMENT
4. CONSCIOUS COMMUNICATION
5. MINDFULNESS AND VISUALISATION
6. SELF HELP TOOLS TO LIVE AN EMPOWERED LIFE
7. WORKSHOPS FOR CONSCIOUS LIVING LIKE CONSCIOUS BREATHING
8. INNER CHILD HEALING AMONG MANY OTHERS

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MY CONTRIBUTIONS

Activities that have given me immense joy and added meaning to my work in this field includes

Founder of the iHEAL technique to help little children release fears & phobias through play therapy

Creator of the workshop – **CONCEIVE CREATE CONQUER** - Especially for children to unleash their potential in all spheres of life and bring forth their hidden qualities, highly appreciated by both parents and children

Creator of a hugely successful workshop “**NARI-SHAKTI**” especially for women to enable them to live life with confidence and renewed zeal

Workshops on teaching techniques on **MIND MASTERY** to help children and adults use their minds in a better way

One on One therapy and **COACHING** sessions for people of all ages, all over the country

ZEN SPACE dedicated to wellness practices at a corporate organisation open to over 3000 employees who can participate in programs, designed to enhance their mental, physical and emotional health

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