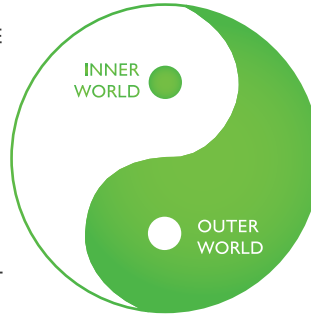


UPASSNA B SINGH PROFILE

Upassna is a Corporate Trainer, Behavioral Coach, Facilitator, Mentor and a Life Coach. She comes with an overall **20 years of rich experience** in the areas of Training, Communication and Consulting. She uses her Mrs India pageant experience for Grooming and Etiquette Coaching.

She is also an advanced level yoga instructor with over a decade of mastery and a trekking enthusiast. She is known for her unique training methodology. She believes that the **outer world is a reflection of the inner world** and that people need to focus on improving the inner world first.

SELF LOVE
SELF AWARENESS
SELF REFLECTION
SELF REALISATION
SELF DEVELOPMENT
SELF EMPOWERMENT



EXECUTION
EXPRESSION
PERFORMANCE
COMMUNICATION
IMAGE PROJECTION
PERSONALITY DEVELOPMENT

And that with a radiating powerful inner world, the outer world of presentation, communication, behaviour comes naturally and effortlessly.

EXPERIENCE & ASSIGNMENTS

- In her present role as a Life Coach, Personal Mentor, Communication Enthusiast, Soft Skills Trainer, Etiquette Coach and a Yoga Instructor Upassna helps people find and transform their potential into a highly productive and purposeful life.
- During her career Upassna has worked extensively in the field of Aviation, Hospitality, Fashion, Finance, Travel & Tourism and Tech industries.
- She has taken up several assignments and been associated with companies like NIIT, Frankfinn Institute of Airhostess Training, Groomingdales Institute, Call Center Management Institute etc.
- Upassna works closely with celebrities, entrepreneurs, directors, CEOs & other senior management Professionals to balance & excel in life!

QUALIFICATIONS & CERTIFICATIONS

● Train the Trainer Certified by International Coach and world class trainer T Harveker.

● Comprehensive Yoga, Teachers Training Course, The Yoga Institute.

● Diploma in Oil & Silk Paintings T.K.S.

● PGDB (CRM) & PGDBA (HRD) Symbiosis Center for Distance Learning.

● Dynamics of Counselling, REBT – I & II, Sinara Education.

● M.Sc. & B.Sc - Life Sciences, Maharishi Dayanand University.



UPASSNA B SINGH
—LIFE COACH & MENTOR—

KEY EXPERTISE

- Coaching
- Communication
- Leadership Training
- Emotional Intelligence
- Lifestyle and Grooming
- Advanced Yoga Instructor

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