



Reshmi Rajesh Lakshman

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Reshmi believes in the philosophy of Sa Vidya, Ya Vimuktaye and the AHA moment or Eureka philosophy. She believes that when an appropriate environment for learning is created with the right intention of learning and discovering human potential, people can find their own way towards personal and professional excellence. She truly believes that each individual has the necessary resources within, to bring about changes in ones lives. What is needed is a little help, a little sense of discovering about oneself.

Work experience : -

She started her 18 years of work experience as a social worker and grew to Manager - Learning and Development. She has worked with industries spanning NGOs, BPOs, KPOs, Professional Services, Banking and Family-run businesses.

Worked in Key corporates : EY, Pearson Group of Schools, Citibank, Hinduja Global Solutions, FirstSource International, Chemmanur Jewellers, Jagruti and clients AON, Allianz, Scientific Games, AIG, Finastra and Sony Infotech.

Academics, Aspirations : -

A Masters degree holder in Social Work – Specializing in Family and Child Welfare from Rajagiri College of Social Science, she is a trained Counsellor, Cognitive Behavioural Therapist and Life Coach. She effectively used these skills in the corporate world.

While at work she realized that most of the issues employees faced at work had roots in Family and Parenting styles. This unfolded her new journey to empower parents through Conscious Parenting workshops which helps them discover who they are, thus changing the lives of their children through personal change. She believes that when the individual changes, the people and experiences around them change.

She aspires to intervene for ; correction of learning disability and behavioral issues in children, conscious parenting, education and child psychology, spiritualism, natural plant-based remedies, mindfulness practices and any scientific enquiries.