

Samata Vasishth

A/102,Palm Court ,Link Road, Malad West, Mumbai 400064,India

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A medical doctor, transformational coach and a wellbeing facilitator,Samata heart fully blends scientific principles of medicine, bio-feedback energy, Neuropsychology and Mindfulness based coaching.

A spirited mix of fun, sharp intellect and warm,engaging presence.

She incorporated Synergy Holistic (in 2011) as an open platform where likeminded professionals collaborate, with a vision to be an integral global resource enabling individuals, organizations and societies to **live holistic: synergize and flourish to co-create wellbeing and harmony.**

She loves theatre, adventure sports and imbibing different cultures by traveling far and wide.

Experience

Recently developed Resilient leadership framework to enhance employee engagement and performance through holistic wellbeing initiatives.

Samata is passionate about facilitating empowering programs where by igniting a positive momentum for personal evolution aligned with organizational evolution.

Having lived as well as worked extensively over the last 11 years across the globe in midst of multiple cultures and differing economies has broadened her horizons, sharpened her skills and thus enriched her experience.

Trained and briefly engaged as an external facilitator for leadership transformation by Mckinsey,India till March 2012.



Facilitation/training of leadership groups (10 to 25) mostly in areas of Wellbeing, Stress/Resilience, Mindfulness, Trust, Values, Vision.

Partial Client list:

Unilever PLC,UK (Oct 2010 to Dec 2011)

Unilever Mashreq, Egypt (July 2011 till date)

Mercedes Benz, Muscat, Sultanate of Oman (May 2010)

Baskin Robbins, Mumbai, India (Oct 2010 till date)

Barista Lavazza ,Delhi ,India (April 2010)

Coaching experience since 2 years with diverse group comprising areas of Life,Executive,Wellbeing and Resilience Coaching.

Partial list:

Top teams from above list including CEO ,MD, Executive committee members

Entrepreneurs

Professionals

Patients with lifestyle ailments

Consulting lifestyle/holistic physician since 10 years in clinical settings across USA,UK,UAE and India with a broad range of lifestyle ailments specializing in pro-active programs.



Education

D.H.M.S, Diploma in Homoeopathic Medicine and Surgery, India

R.S. Hom, U.K (Royal Society of Homeopathy)

Consultant GP (Licensed by Ministry of Health,U.A.E)

ICF (International Coaching Federation) accredited Coaching Certification scheduled to graduate in August 2012.

Skills

Mindfulness Based Stress Reduction, MBSR practitioner

Cultural transformation Consultant, Barrett's values center, USA

Biofeedback Practitioner, Quantum Alliance, Canada

Personal Counseling, St. Xavier's, India

Reiki Practitioner, India

Wellness Workplace Practitioner, Wellness Council of America, WELCOA