



Name: Ms. Natasha Fernandes

Email ID: natasha.rr@gmail.com

Designation: Psychologist & Personality Development Trainer

Qualification: M.A. Clinical Psychology, MBA (Human Resource Development), PG(Human Resource), Certified Conscious Empowerment Coach, Certified Wellness Coach, Certified Organizational Development & Strategy Coach

Brief Profile:

Natasha is a Dynamic Mentor, A Facilitator of Consciousness. She works with all age groups in empowering and transforming lives with her skills in counselling, therapeutic interventions and coaching. She also has an expertise in Public Speaking and Communication.

Natasha has a vast experience in palliative care and health psychology and she helps patients unlock mental and emotional traumas locked in their bodies and embrace wellbeing. Natasha is also a Certified Conscious Empowerment Coach (CCA Certified), Certified Wellness Coach (CCA Certified) and a Certified Organizational Development Coach. (CCA Certified)

Experience: **15 years**

Expertise & Consultancy:

*Co-Founder at YOUiverse Wellbeing

*Corporate Workshops for Leadership and Excellence.

*Trained Rotaract & Developed Training Modules (Youth wing of Rotary) for Leadership and Development.

*Held Leadership Position for Rotaract (Youth wing of Rotary) from 2003-2010

*District Secretary for Rotaract Mumbai, Thane, Navi Mumbai areas in 2009-2010

- *Won RYLA (Rotary Youth Leadership Awards) for Leadership
- *Won UNICEF & Rotaract Award for Excellence in Community Service during Mumbai Flood Relief Operations
- *Corporate Level Handwriting and Signature Analysis workshops
- *Interviewed with 92.7 Big FM for Dream Psychology.
- *Radio Show with Big FM on Dream Interpretation.
- *Featured in Well known newspapers for articles and contributions.
- *Invited for Rotaract Trainings & Development Programs as a Facilitator & Trainer.
- *Conducted Sessions on Emotional Intelligence for Parents of IC Parish
- *Conducts Sessions on Emotional Intelligence, Communication & Leadership for all age groups.
- *Regular Speaker for talks at HELP Library on various mental health topics.
- *Invited as a speaker on International Forum for Empathy & Leadership.
- *Invited to Conduct sessions by YWCA and other associations for Women of different age groups across Mumbai on Women's Day.