

Lekha Mohan			
WhatsApp: +91 98916 98915 Current Location: India (Delhi/Goa)	lekha.mohan5@gmail.com LinkedIn: Lekha Mohan		
Professional Profile	An experiential learning enthusiast with over 20 years of qualitative experience in Corporates, Adventure Sports and Holistic Health. InnerSide Holistic is my private practice for mental/emotional, Spiritual and physical wellbeing. <table> <tr> <td> - Holistic Health Practitioner - Training Module Designer </td><td> - Open Water Scuba Instructor - Operations & Management Specialist </td></tr> </table>	- Holistic Health Practitioner - Training Module Designer	- Open Water Scuba Instructor - Operations & Management Specialist
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Professional Accomplishments	Holistic Health - Curated, authored & delivered training programs on Kundalini, EFT, Mindfulness and other healthcare and life sciences for personal client study and development. - Delivered workshops on Somatic, Free Movement Therapy in groups of 50+ participants in association with wellness based festivals. - Handled direct and third party client interactions, management and services through mental, physical and spiritual well-being culminating in a complete holistic output. (B2C & B2B) - Curated with the clients on product/course selections & placements for an enhanced wellness experience using the “self” as a tool. - Conducted First Aid Workshops for female factory workers in Kenya for 100+ women, with special focus on child/infant care and first aid. Sports - Operation, Management & Client Service - Delivered autonomous and independent administration & production for extreme outdoor projects in Open Water & Mountain/Alpine Sports. - Managed calm and solution-seeking handling of Rescue and Safety workshops for river guides in Gulmarg and Rishikesh respectively. - Realistic rigor method and relational capacity in challenging environments for creative and timely problem solving for athletes in expedition and in training (Mountaineer - Arjun Vajpai, Luge Olympian - Shiva Keshavan, Speed Climber- Abhishek Mehta) - Created organizational work flow structures for qualitative project delivery and follow up to the client for Scuba diving companies in Thailand, Andaman, Karnataka, Kenya, Maurice & Tanzania.		

	Training Standards & Quality Assurance - Imparted training for 10-40 employees on Communication, Soft Skills & Etiquette from Asia-Pacific, UK and American Subcontinent. - Designed project training modules & presentations for clients sectors like Banking, Tele-com, Health care and Consumer Goods. - Planned Recruitment & New Hire Orientation program for industry specific hiring and product introductions. - Prepared quality feedback and training sessions based on team bucket analysis, performance & training application
Recent Work History	Inner Side Holistic New Delhi/Goa, India, Practitioner, Jun 20 - Ongoing Ocean Tribe [www.oceantribe.co] Diani Beach, Kenya, Instructor, Jun 16 - Jul 19 Davy Jones Locker [www.davyjoneslocker.asia] Koh Tao, Thailand, Divemaster Sep 15 - Apr 16 Kashmir Heli- Ski [www.kashmirheliski.in] Gulmarg, India, Operations Manager, Dec 13 - May 15 Adventure Tours Operators Association of India [www.atoai.org] New Delhi, India, Consultant – Workshops, Mar 13 – Dec 13
Previous Work History	Sports Lacadives (Andaman). Havelock Dive Club. WestCoast Adventures (Karnataka). Adventure Sports Association of India. Gulmarg HeliSki (Kashmir). Sea Urchin (Maurice). Davy Jones Locker (Thailand). Ocean Tribe (Kenya). Sinbad Extreme Sports Training Metlife. Ericsson. HCL. SMC. ABN AMRO. Xerox. Bausch & Lomb. Kotak Mahindra. JP Morgan Chase. IBM. Target. Sterling House. BSES. MTNL Delhi. Operations Vivify Events - Coca Cola - General Motors (Chevrolet). Samsung. Guthy Renker. T-Mobile. Devine Ventures. Rock Street Journal. Ocean Restaurant & Upendo (Tanzania). Delhi Corporate Games
Education & Membership	SSI Open Water Scuba Instructor (ID 79801 since 2016) International Association of Therapist (Licensed member since 2021) Complementary Therapist Accredited Association (Licensed member since 2021) Senior Secondary - Tagore International School, New Delhi 2002 Certifications, References & Testimonials available upon request

