



ABHA MARYADA BANERJEE

www.ABHAMB.com

www.BREAKOUTWITHABHA.TV

www.TheNUCLEUSWoman.com

Abha Maryada Banerjee is India's **first internationally acclaimed woman motivational speaker**, rated as one of the **Top Ten Life, Business and Success Coaches in Asia Pacific**. Abha's expertise lies at teaching Individual achievement, Leadership in Motion, Human Peak Performance and Emotional Intelligence. As one of the key women Leadership Educators, she consults extensively with Blue Chip Companies and C Suite executives on Diversity cum Inclusion, Creativity cum Culture and Corporate Cultural Branding. She is working on an East West model of business efficiency based on human performance within a cultural context.

Follower of Swami Vivekananda's teachings since a very young age, she is the initiator of the motivation and personal development industry in India. **Her vision of revolutionizing thought development education and propagating human possibilities has made her one of the most sought after personal and business educators.** Her passion for creating solutions by bridging the gap between knowledge and real life execution and instilling growth into every environment is testing new dimensions in the business/social set ups.

She is the author of the best selling **thought leadership book for women, NUCLEUS: Power Women Lead from the Core**, translated in Indonesian and Hindi. A key Personal Leadership Influencer in the region, she regularly speaks at prestigious events on leadership and business growth including TED X. **Through years of study, she found iconoclast connections between the world of law, universal laws of growth, leadership and personal development. These commonalities led her to create methodologies for developing holistic leaders in motion. Propagating non-academic concepts, tools and strategies her work makes leadership an achievable reality for those who wish to move from ordinary to effective and from effective to excellent.**

The book vehemently campaigns for a **growth driven mindset** to transform women's work and personal lives. **It shows women how to get beyond gender and build their own growth path.** Hand holding and driving them to re-define their person mentally, emotionally and from the socio-human perspective. Her Seminars are intensely focused on incorporating GROWTH in minds and environments, effectively bringing new perspectives to business and personal spaces inspiring the audience to effectively excel. She is a die-hard expressionist of thought leadership and innovating all

experience for purposes of growth. The Book has sold over 400,000 copies so far with more regional translations in the pipeline.

She introduced Mental Strength and peak performance coaching for Indian Olympians. As the Peak Performance/Mental Strength Coach for the Olympic Athletes (2012 Olympics), India received berths at the London Olympics and eventual medals at the Commonwealth Games. Having worked with many high performance individuals, she is the recipient of the Women Icon Award 2017, Women of Excellence Award, 2017 and Brand Builder of the year 2017 for excellence in Leadership Education, Top Asia Business Award, 2016 and REX KARMAVEER GOLD CHAKRA Award, 2016 (initiated by the UN and International Confederation of NGO's). These awards have been conferred for her outstanding work of social impact, starting a mental freedom movement and democratising personal development education.

Abha is the India Good Will Ambassador for the BETI ZINDABAD gender equality campaigns of Action Aid, a UN agency that works towards making gender equality a reality.

She is the producer and host of the web series on Leadership called BREAKOUT where she interviews Global Influencers and Game Changers who have managed to merge human and business excellence by challenging the status quo. Her eventful and courageous journey has been chronicled as a story in Indian and International Books.

Fondly known as **Asian Oprah and the Asian Woman Motivator**, Abha is a lawyer by profession, having practiced business law for over 10 years. Her successful stint at law prepared her for following her vision and setting foot in the field personal development. She re-trained and re-educated herself for this field at the age of 34. Described as charismatic, passionate, driven, an open dynamic pack of energy and tons of courage, Abha is a strong lady with a lofty mind. To continuously develop her own person, she stays engaged in her creative side indulging in theatre, acting, writing, poetry, calligraphy, sketching, food and family.

In her own words, "I think I must be a growth activist or a growth addict or a growth obsessed humanist – or all of these. We must all strive to make a difference so that the gap between theory and practical is sealed."

She is also recognized as one of America's Premier Experts for her contribution to the field of personal development and leadership and has appeared on the Brian Tracy Show in the US. She is the author of the bi-lingual poetry compilation on self-search and personal leadership called MARYADA 'In Rendition'.