

POSITION

DELIVERY CONSULTANT

CORE SKILLS

- **NEGOTIATION SKILLS**
- **SALES TRANSFORMATION**
- **CHANGE MANAGEMENT**
- **LEADERSHIP DEVELOPMENT**
- **COMMUNICATION SKILLS**
- **MANAGING CONFLICT**

BACKGROUND

Before branching out into freelance facilitation, I worked with IBM India Pvt Ltd as a full-time facilitator for close to a decade.

I am a part-time Radio Jockey and I produce a show called *Bangalore Brains* highlighting the start-up revolution in Bangalore.

I am also a certified Yoga instructor from Akshar Power Yoga Academy affiliated to Yoga Alliance International. I am passionate about social projects and worked with Mission Swachh Bharat, a nationwide campaign to clean up the streets, by helping raise awareness of garbage segregation, the plastic ban and being an advocate on waste management.

QUALIFICATIONS & CERTIFICATIONS

- Accredited in Advanced Credit Negotiation Skills (ACNS)
- Neuro Linguistic Program (Practitioner)
- Principled Negotiation by Wilson Learning (Certified)
- Certified Power Yoga teacher from Yoga Alliance International
- LCTW (Learner Centric Training Workshop) Certified

LANGUAGES

- English
- Kannada
- Hindi

WILLING TO TRAVEL

Yes



SAPNA PADMANABHAN

DELIVERY CONSULTANT
A BIT ABOUT ME

With 16 years of experience facilitating workshops on professional development, leadership and transformational skills across the globe, I truly believe training enables individuals to achieve immense growth through enhancement of creativity, productivity and prosperity. I enjoy being amidst people and in an environment where discussion, asking questions and ideating is encouraged. Facilitation is my bread, butter, jam and cheese.

MY VALUES

I have three values which guide me in my role as a learning facilitator: Compassion – this value helps me to stay grounded and hold space for people around me. Sharing – sharing is caring and it's the only way we can create a community of abundance. Love – love keeps the vulnerable part of me alive and that brings out the best in me. I am never afraid to love “too much”.

I'VE WORKED WITH...

- HSBC
- Harman International
- EMC
- All State Insurance
- Accenture