

SHEILA.V

Speaker | Corporate Trainer | Coach

Short Bio

Sheila Vijayarasa holds an MBA (with Distinction) and has held the position as a Finance and Commercial Director. She is a cutting-edge leader in the movement towards courageous leadership, spirituality, consciousness and mindfulness within the corporate setting.

Her internationally acclaimed book, *Brave: Courageously Live Your Truth* has been described as a 'comprehensive spiritual guidebook' for the conscious corporate leader. She is a powerful spiritual medium and transformational coach. She has appeared on the Australian Television show *Psychic TV*. She combines spiritual wisdom with executive leadership coaching to empower you to go out and transform your life.

Long Bio

Sheila Vijayarasa holds an MBA (with Distinction) and has held the position as a Finance and Commercial Director with fourteen years' experience in publishing and media preceded by eight years' experience in Chartered Accounting. She is a cutting-edge leader in the movement towards courageous leadership and mindfulness within the corporate setting. She has trained with The Institute of Executive Coaching and Leadership and is a qualified NLP Practitioner.

Sheila is a keynote speaker and her internationally bestselling book, *Brave: Courageously Live Your Truth* has been described as a 'comprehensive spiritual guide book' for the conscious corporate leader. She is known for her artful, humorous and deeply moving presentations on leadership, change management and empowerment. In fact, she gives her audiences a powerful dose of truth, they can't but honour themselves. Her wisdom imparted makes them feel connected to their own intuition and their inner truth.

She combines her spiritual wisdom with her skills and experience from the executive-level corporate world. She cultivated her skills in Mediumship at the prestigious Arthur Findlay College in London. She studied mindfulness at Esalen with, Dr Shauna Shapiro and immersed herself in the Vedic teachings in India. She studied with world renowned Psychic Medium James Van Praagh at the Omega Institute.

She has been featured in the media sharing her insights and strategies for an empowering and courageous successful life from *Thrive Global*, *Sydney Morning Herald*, *Body + Soul*, *CEO World Magazine*, *New Idea*, *Women's Agenda*, *CFO Australia*, just to name a few. She has spoken on the main stage at the *Mind Body Spirit Festival* and appeared on the Australian Television show, *Psychic TV*.

Sheila is passionate about mentoring and coaching talented senior leaders and Executives to exceed their potential.