

# **Mahesh Sharma**

**Founder & Chief Mentor at Know Your True Self Research Academy**

Surat, Gujarat, IN

Internationally Certified LIFE Purpose Coach | Humanist | Researcher

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## **Biography**

Mr Mahesh Sharma is an Internationally Certified LIFE Purpose & Personal Performance Coach by profession and a humanist, and researcher by choice. He is running his life coaching practice since 2008 and specializes in mental and emotional well-being, personal performance enhancement and Inherent Behavior Traits. He is also the founder & chief mentor of Know Your True Self® Group, which is a research, training, coaching, and community sharing entity in the fields of Human Behaviour, Energy Psychology, Leadership Development, and youth empowerment. He is currently operating from Surat, Gujarat. A BRIEF HISTORY Born & raised in the Capital, he started his career in the Indian Army, and only from there did his lifelong love with human behaviour and subconscious working of mind started. After serving for 10 years in the Army he shifted to Faridabad (Delhi/NCR) and associated with various organizations in the fields of insurance, real estate, training and alternate franchising as an entrepreneur, trainer, consultant & speaker before taking the plunge to follow his lifelong passion in 2008 and started his Research, Training, and coaching entity Know Your True Self® Research Academy (KYTS Research). HIS WORK PROFILE He inspires, educates, and empowers people, helping them to realize their true potential and spreads his message of true leadership, abundance, well-being, and Personal Excellence through the unique Whole Person Approach for personal, financial, and professional success. With his natural ability to connect to his audience and tendency to convey the message from the heart, he has taken his dynamic personal messages to corporate, educational & professional institutes, individuals, groups and couples through personal sessions, workshops, seminars, corporate learning modules and keynote addresses. His more than two decades of research, understanding and experience has helped lots of people on the path of personal & professional growth, fulfilment, success, and abundance.

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## **Availability**

Keynote, Panelist, Workshop, Author Appearance, Corporate Training

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## **Industry Expertise**

Research, Mental Health Care, Training and Development, Education/Learning, Corporate Training, Health and Wellness

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## **Areas of Expertise**

Life Purpose & Passion, Work - Life Balance, Emotional Healing Sessions, Learning & Development, Corporate Learning Solutions, Emotional Freedom Technique Workshop, Temperament Coaching, Passion Coaching, Personal Performance Coaching, Mental & Emotional Health Awareness, Self Esteem & Confidence Coaching, Emotional Freedom Technique, Inherent Behaviour Specialist, Temperament Workshop, Learning Solutions for Educational & Professional Institutes, Emotional & Social Intelligence Development, Couple Relationships, Dealing With Difficult Personalities

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## **Affiliations**

ANLP India, The Life Coach Certification Group, The Priority Academy

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## **Sample Talks**

### **KNOW YOUR TRUE SELF - A Whole person approach to Personal & Relationship Excellence**

We are surrounded by people everywhere; at home, at work, at social events everywhere and moreover we are surrounded by people who are different than us, who are louder, calmer, proactive, more perfection oriented, more ambitious, in other words different than us. Our success as a social animal depends greatly on how we deal with people who are around us everywhere. Our our love life, and our professional success, even our emotional & physical health largely depends how we get along with others.

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## **Event Appearances**

### **Effective Teaching as Coach**

GAIL DAV Teachers and parents workshop

### **Take Charge of Your Business**

GAML Leaders Meet

### **Achieving Personal Excellence**

LIC Meet

### **Achieving Personal Excellence**

IOCL Dealers Meet

### **Take Charge of Your Business**

Group 2001 Achievers Club Meet

### **Teachers Workshop**

KVM Ludhiana Teachers Workshop

### **Achieving Personal Excellence**

Coslight Sales & Mkts Group Leaders Meet

**HR Meet Nepal**  
Empowering Human Capital

**Train The Trainer**  
Train The Trainer

**Life Skill Workshop : For students & teachers**  
Learning Life Skills

**Achieving Organisational Excellence through Personal Effectiveness**  
Achieving Organisational Excellence through Personal Effectiveness

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## **Education**

**Delhi University**  
Bachelor of Commerce Commerce

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## **Accomplishments**

**Certified NLP Practitioner**  
This is a certified 5 day course of Neuro Linguistic Programming.

**Time Line Therapist**  
This is a certified course in Time Line Therapy

**EFT Expert**  
Emotional Freedom Techniques (EFT) is most trusted healing brand in the world.

**Internationally Certified LIFE Purpose Coach**  
I am an Internationally certified LIFE purpose coach and alongside personal performance, relationships and passion coaching, helping individual taking charge of their emotional and mental well being.

**Certified Emotional Intelligence Practitioner**  
I am a certified emotional intelligence practitioner and use emotional intelligence in my life coaching practice since May 2008

**Master EFT Practitioner**  
Working with EFT, Emotional Freedom Techniques, for more than 12 years, I have added this Energy Psychology Method as a primary and important tool in my Life Coaching practice since 2008... I also conduct regular workshops on EFT (Emotional Freedom Techniques) and have done around 110 workshops till now Pan India and Internationally. Updated as in Sep 21

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