

Natasha Sharma

Relationship & Parenting Expert | Author| Co-Founder "Intelligent Emotions" | Doctor of Psychology Candidate at NKS Therapy and Intelligent Emotions

Toronto, ON, CA

Media Therapist/Author specializing in Relationships, Parenting, & Happiness. Regular on Global News, Breakfast Television, and more.

Biography

Natasha Sharma is a therapist, TEDx speaker, TV/media spokesperson, and doctoral student. She is also the author of 'The Kindness Journal', a guided, interactive daily journal that is the most powerful way to cultivate a more positive outlook and happier life. Natasha is devoted to inspiring and helping others to learn how to be happy, and live their most fulfilling lives. She achieved her Masters degree in psychology from The Johns Hopkins University, and is currently completing her Doctorate degree in psychology. In 2012, Natasha founded the clinic NKS Therapy in Toronto. She has worked with thousands of individuals, couples, and families in the areas of anxiety, depression, relationships and marriage, parenting, anger management, self-esteem issues, ADHD, learning disorders, and cross cultural issues. As an Expert in the areas of Happiness, Relationships, and Parenting, Natasha has appeared on some of Canada's most popular TV shows including Global News Toronto, The Morning Show, Breakfast Television Toronto, Entertainment Tonight, Etalk, and Rogers TV. She writes for a number of publications such as Thrive Global, YummyMummyClub.ca, and InsideToronto.com. In addition, her advice and opinions have been featured in The Globe and Mail, Toronto Star, Huffington Post, and Elle Canada. Natasha's undergraduate institution McMaster University has profiled her as a notable alumnus, and she is a regular contributor to The DeGroot School of Business "Knowledge Magazine." Natasha has been speaking professionally across Canada, the United States, and Europe for over 10 years. She is frequently invited to speak at academic, corporate, and private events including Harvard University, The University of Maryland, and McMaster University's DeGroot School of Business. She regularly speaks at local events and conferences, and collaborates with organizations to deliver workshops to individuals around the world. A born performer, Natasha is also an accomplished singer and pianist. She was a finalist to play the lead role on Broadway in Andrew Lloyd Webber's NYC production of Bombay Dreams in 2004, and is also trained in classical piano to the ARCT Performance level.

Industry Expertise

Health and Wellness, Writing and Editing, Publishing, Media - Broadcast, Media - Online, Media - Print

Areas of Expertise

Relationships, Happiness & Performance, Happiness and Health, Happiness At Work, Marriage & Family, Anxiety, Depression, Blogging and Social Media, Writing and Editing, Education/Learning, Motivation and Empowerment, Productivity & Follow Through, Self-Regulated Learning Behaviors, Attention Deficit Hyperactivity Disorder, Learning and Attention Disorders, Personal & Professional Development, Emotional & Social Intelligence Development

Affiliations

Canadian Counselling & Psychotherapy Association

Event Appearances

TEDx
TEDx

DivaGirl
DivaGirl

Sheridan College
Art of Confidence

AOL Canada
Women Empowering Women Panelist

Education

Johns Hopkins University
M.Sc. Clinical and Counselling Psychology Psychology

California Southern University
Doctor of Psychology (Psy.D) Psychology

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