

Mahesh Sharma

Founder & Chief Mentor at Know Your True Self Research Academy

Surat, Gujarat, IN

Internationally Certified LIFE Purpose Coach | Humanist | Researcher

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.

Availability

Keynote, Panelist, Workshop, Author Appearance, Corporate Training

Industry Expertise

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

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

Affiliations

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

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.

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

Education

Delhi University
Bachelor of Commerce Commerce

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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