

LAVANYAH RAJ SAVINDARASU

B. Psychology (Hons)

Certified NLP Practitioner Malaysia

Certified Fitness Professional (FE Asia)

Certified Awareness Before Change (ABC) Malaysia

Trained ACSTH Coach (undergoing certification by ICF)

Certified Pembangunan Sumber Manusia Berhad (PSMB) Trainer

Lavanyah discovered her passion in human development at a tender age when many were still figuring out what they would do with their lives. Hoping to realise her passion, she decided to set sail in the pathway of psychology and graduated from HELP University College with a Bachelors of Psychology (I-Ions). Her passion in human development further blossomed when she served in a multinational insurance company with an agency force of more than 13,000 agents. This small in size but big at heart trainer is certified and licensed to conduct Registered Financial Planner Program for Module 1 & Module 2 by Malaysia Financial Planning Council (MFPC) She was also an in-house trainer for 7 Habits of Highly Effective People by Franklin Covey, Certified Influencer: The Power to Change Anything by Leadership by Leadership Resources Malaysia. She is a Certified NLP Practitioner Malaysia, & Certified Awareness Before Change (ABC) Malaysia by CSALT Indonesia (in house).

Lavanyah is also dangerously armed with archery skills where she represented the country to many world tournaments. Just to name a few, **Lavanyah** participated in the Asian Junior Championship, Calcutta, India, Asian Grandprix 2, Chengzhou, China, Archery World Junior Championship, Czech Republic, Asian Games, Busan, Korea, Malaysian Open and Sukan Malaysia (SUKMA). Bagged with 7 years of experience in this field, she often uses archery elements in her sharing because she believes that there is learning in everything that we do and people learn best only by experiencing.

Being a rebel for freedom of expression, **Lavanyah** ventured into entrepreneurship where she gained so much freedom and has allowed her to express her ideas freely. She started a few startup companies such as **MADLAB Training** (Making A Difference Like A Boss), an organisation that believes in people and team development where teams are developed to achieve organisation's goals through experiential, participative and creative learning. Her programs have touched people of different age group, nationalities and industries. Through this, she has Made A Difference for numerous multinationals, local companies as well as government departments. Notably among them (just to name a few) are Maybank, Prudential, Digi, Astro, Motorola, Maxis, Measat, Johnson & Johnson, Sime Darby, Taylors University, Bursa Malaysia, Suria KLCC, Shell, Talent Corp, Nestle, Amway (South East Asia), Panasonic and Kementerian Belia & Sukan. Lavanyah was also amongst the few who was invited to share her knowledge and insight about the Generation Y during the recent revamp of the National Service program. A rebel always finds ways to be out of the ordinary, hence she is currently exploring the area of Health & Fitness. **House of Steel**, another brainchild of Lavanyah where it helps build every body through an wholistic approach new edge online fitness programs.

Lavanyah specialises in making training an enjoyable experience with lots of fun and laughter where all of her classes have always been fun, interactive, and interesting. Having touch thousands of lives through training, she never fails to receive positive feedbacks from her participants with regard to her training skills. Lavanyah has also led and been part of the organising committee of numerous projects for her previous organisation. Her creativity to develop tailor-made and relevant modules for her clients has constantly been sought after. This is what sets her apart from other trainers.

Lavanyah is currently perusing her dreams of becoming a Woman Empowerment Coach because she is a strong believer that every woman has a Super Hero inside of them waiting to be discovered. **Lavanyah** believes that you do not need a mask or cape to be a Super Hero. All you need is to wake up every morning, love what you do, help and inspire others around you to be better than they were yesterday, then you are a REAL LIFE SUPER HERO.



LAVANYAH'S SIGNATURE PROGRAM

- * Live.Love.Laugh** - "The world is a great mirror. It reflects back to you What you are. If you are loving, If you are friendly, if you are helpful, the world will prove to be loving and friendly and helpful in return. The world is what you are" Self-Awareness is the KEY to successful life and career. This workshop combines the idea of Self-Awareness & Law of Attraction in creating successful & prosperous individuals which will then lead to a successful and prosperous team and organization. Highly interactive session where participants will address 4 very important question : Who they are, Where they are now, Where they want to be in the future & How do they get there
- * Presentation KnockOut** - Everyone has at one point in their lives sat through presentations which were monotonous, dull and boring. Presentation Knockout provides a solution using the theme of boxing, participants will discover essential presentation skills that bound to provide the presentation with the much needed knockout punch. The highlight of this program is the 1-1 coaching where they see changes after their first presentation.
- * Lead Out Loud (LOL)** - This workshop helps FUTURE LEADERS grow in personal and professional development. It provides knowledge of self, which is essential in becoming a leader, who positively impacts the lives of individuals they serve.
- * HERO** - Working together as a team today is a real challenge. Ultimate Team Challenge is an indoor & outdoor team building creates the environment where teams will have to work together to achieve a common goal. This team building focuses mainly on mindset management, physical bonding and emotional bonding.

