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Mehak Kalra



Founder Partner at Athena Training Academy, Life Coach, Positive Psychology Coach, and Motivational speaker, Internationally Certified Aviation, Travel Tourism Trainer, Counselor and Mentor Mehak Kalra is a certified and competent facilitator with more than 14 years of experience in the field of Learning & Development.

Mehak Kalra is a recipient of Honorary Doctorate in Professional Entrepreneurship , **IIMB** Certified Entrepreneurship for everyone, Certified NSDC Trainer, Certified Master Trainer Nation Development Trainer Bosch, Certified from Sabrina Merchant on Effective Communication Skills, CDF (London) Certified for Life Coach from News Skills Academy UK, Train the Trainer from Mission Catalyst, Transformational Leadership from Indian Institute of Training & Development, Excellence Award in Training & Development from Mother Theresa University, IATA (Montreal, Canada) Qualified trainer, Best Paper Presentation, and Women of Substance Award holder. Positive Psychology Coach (ICF Certification in process)

Profile revolves around the strong Sales & Marketing records of accomplishment & exceptional Trainings on IATA Travel & Tourism, IATA Aviation, and Personality Development & Soft Skills.

Founder and Partner at Athena Training Academy an ISO 9001:2015 Certified Institute MSME Registered, Affiliate Partnership with N.I.S.T (in process) A Soft Skills /Behaviour Skills/Leadership Skills Training Institute conducts Aviation, Travel and Tourism courses and IATA Courses*(Selected Courses)

Mehak Kalra is a dynamic, energetic speaker who shares a decade of Business experience in the Travel Tourism & Hospitality & Aviation Industry. She is a sought after trainer, known for her ability to blend humour, storytelling, insights, and practicality. She combines powerful lessons, unique stories, tons of energy and enthusiasm to make every training session a memorable one. She is currently involved in training at corporate and colleges where she is instrumental in touching the lives of individuals and helping them realize their inner potential and touch excellence in every walk of life.

With Athena Training Academy has been primarily responsible for providing customized end-to-end soft skills training and development solutions through interactive and experiential learning workshops.

Mehak Kalra's core competent training areas include Life Coaching, Positive Psychology Coaching, Campus to Corporate, Leadership Development, Delivery Management, People Management, Customer Management, Performance Coaching, Assertive Communication, Team Building, Professional Skills, Time and Stress Management, Conflict Management, Collaboration, Creative Thinking, Retail & Sales training and Outbound Training, along with niche trainings in Cross-Culture

Some of the clients she has trained for include Robert Bosch, Wonder-La Holidays, Wonder-La theme park, Page Industries, SLK Software, Strategy Automation, Nexteer Automation, Molex India, M-Far Construction, Prestige Construction, Moven Pick Hotel, Koshy Hospital, Sagar Hospitals, Baptist Hospital and many more...

Languages Known: English, Hindi, Sindhi and Kannada.