

Ms. Rutika Meshkar



About Me



-  9 years' experience
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Rutika Meshkar

Founder and Director

www.rutikameshkar.com

Rutika Meshkar, Founder and Director of R.U.S.T.A. is an Internationally Certified Soft skills Trainer (Dale Carnegie), Communication Enhancer and an Internationally Certified Neuro- Linguistic Programming Practitioner from American Board of NLP. she enjoys being fully equipped in her content with a matured approach of outcome based training & personal counseling through her unique style of training and facilitation. As a Speaker, Rutika is truly a gifted motivator and is known for her ability to inspire and empower her audience. She has trained over 10,000 people in the field of personal & professional development.

In this new normal era, she has come up with her signature program namely, “Online Spoken English course using NLP techniques.” She believes that training is profoundly strategic and it is a journey aimed at improving the single most important resource in the organization i.e. People. Her Mission is of empowering people to help them find excellence in their personal and professional lives. She believes “ Life is all about learning's. Learn and upgrade, Live your life to fullest!”

Training Program Includes topics :

- ✓ Neuro-Linguistic Programming (NLP)
- ✓ Teacher's Training Program with NLP
- ✓ Online spoken English course using NLP techniques
- ✓ Master your focus with NLP Techniques
- workshop
- ✓ Re-engineer your communication for success workshop
- ✓ Campus Recruitment Training
- ✓ Emotional Intelligence workshop
- ✓ Interpersonal & Conflict Management Skills

- ✓ Goal Setting & Vision board workshop
- ✓ Public Speaking Program
- ✓ Email & Business Communication
- ✓ Relationship Workshop
- ✓ Practical Leadership skills
- ✓ Time Management
- ✓ Listening skills Training
- ✓ Gratitude Mindset
- ✓ Stress Management & Relaxation Techniques workshop



Training and Certifications

- Train the Trainer, Dale Carnegie & Associates, Inc.
- NLP Practitioner, (ABNLP)
- Emotional Intelligence Coach, Graham Nicholls, The Priority Academy.
- Relationship Coach, Joeel & Natalie Rivera, Transformation Services.
- Train the Trainer, Dr. Sneh Desai
- British English Communication (BEC Preliminary), Mrs. Divya Lakhera
- IELTS , Mrs. Divya Lakhera
- Mind Power Workshop, Dr. Sneh Desai
- Basic/ Advance Meditation Course, Art of Living
- Basic Course, Bramha Kumaris
- Dynamic Yoga, Dr. Sneh Desai

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