

PROFILE

C. K. Suresh

Director, ATMA

Consultant, Trainer & Performance Coach with over 20 years of experience in Excellence Training & Resource Empowerment of Individuals & Teams. A Post Graduate in Psychology, Management and Journalism, he is an accredited Trainer of NF- NLP Florida in Neuro-Linguistic Programming, directly trained by Dr William Horton. He has also done advanced and specialised training in N L P from Dr Richard McHugh. He is also a Trained Expert in Transactional Analysis and Handling Learning Disabilities.

Vision & Approach

A powerful teacher and a true change agent, he has over 3000 training sessions to his credit. His Vision- Oriented Cognitive approach and prudence in applying management theories to daily life situations has earned him a wide client - base spanning corporate houses to educational institutions and NGOs.

A Master Team Builder, he is renowned at creating management marvels with young teams.

From his rich experience in management, Psychology & Spirituality, he has developed Living in Harmony — a Practical Philosophy of Holistic Living through Intrapersonal and Interpersonal Integration.

His training approach involves application of LIH for individual empowerment and team development.

Media

His 'Tips on Effective Living' was a major segment in the Udayarasmii programme on Asianet for over 400 episodes. He has also produced and anchored "Out of Syllabus", a campus debate series on Amrita TV for 1 ½ years. His ongoing talk series 'Gitamritam' in Asianet Suprabhatam has completed over 150 episodes.