

Ms. Sarisha Rameshlall Komal

**Education Specialist, Author, Holistic Counsellor & Empowerment Facilitator**

Email – chakrasrk@yahoo.com

Twitter - @SarishaRKomal

YouTube – <https://youtube.com/channel/UCqUHmpt0NmZvC9eT-upUbMQ>

 Face Book - <https://www.facebook.com/sarisha.komal>

Linkeden - [www.linkeden.com/in/sarisha-komal-bhaaa9140](http://www.linkeden.com/in/sarisha-komal-bhaaa9140)

Ms Sarisha is making an enormous impact wherever she goes at a grassroot level where it really matters and amongst leaders and decision makers so that this mutli-pronged approach can ensure meaningful change at levels that matter. She can be best described as an eternal optimist who believes in the pure potential of excellence for all. Her focus is on motivating and inspiring individuals through very practical and sustainable means to live more fully and confidently. Her primary objective is to build the individual to build the community! This she accomplishes through Education and Counselling initiatives on holistic leadership development of the individual self for more than two decades now.

Sarisha has countless certifications from Leading Academic Institutions and NGOs .She holds a Master’s degree in Education focusing on Childhood & Youth Development (Educational, Social and Psychological - 2002) and has recently completed further studies from YALE University on The Science of Well Being. She has also completed the Ministry of Education Advanced Coaching and Mentoring training programmes.

Ms. Sarisha is an author and an international speaker (India, UAE, Guyana, Sri Lanka, Mauritius, Kenya, Egypt New Zealand, Australia etc.) and locally in South Africa. She has researched and facilitated workshops on Emotional Intelligence (EI) for holistic empowerment of an individual in different capacities across countries. She is described as an excellent communicator who is acutely intuitive and exceptionally intune with the needs of her clients and audiences. She is able to work effectively with people of diverse groups and backgrounds.

She places a strong emphasis on female empowerment and holistic counseling and has also established her own “Girl Child Education Fund” in 2017.To date this Family Fund has taken care of the financial and educational needs of countless females. She has also set up libraries for females in Places of Shelter.

She has many accolades for her work in Education and Empowerment. A few Academic awards are : She was recognized by the South African Council of Educators (SACE) as the Top 18 in the country for Excellence in Education and Professionalism; selected and honored as a Top 10 finalist in the South African STARS in the Education National Competition – (awarded to a member in Education that goes beyond the call of duty – Leadership Development and Counseling Initiatives) AND she has also been a finalist in the National Teachers Awards (NTA) Western Cape for Excellence in Secondary School Teaching.

Ms Sarisha Rameshlall Komal has authored several articles on female leadership (focus on EQ), published articles as a writer for local and international magazines/journals and also published a book titled “Notes on My Fridge” in 2018 that is specifically for Women’s silent challenges in their daily lives. This book has been positively received and the strength of the book is that it calls upon the reader for more courageous living and it opens Conscious Communities to Conversation Circles for females to grow through. Growth does not stop on the last page of the book but in *the living of a conscious and empowered life*. The promotional video is available on YOUTUBE – <https://youtu.be/8PqaQ1GkiWg> Notes on my Fridge – Sarisha Rameshlall Komal.

An excerpt from the book is noted below:

*"...The silence has been broken; today it is his cry that awakens the eternal human hood in me - in and of us. Calmness just barely tries to stagger in - between the fits of rage with desirous doubts of deception. She now knows what he knew all along. Tonight, there will be a dawn..."*

She is also the Founder and Host of **Let Talk Empowerment with Ms Sarisha –** It is both a global chat show and a motivational platform that focusses on Female empowerment. Content is based on real-life stories and research on aspects of empowerment. <https://youtube.com/channel/UCqUHmpt0NmZvC9eT-upUbMQ>

**She lives by the quote: *“Be the change you want to see in the world”.***