

SUJATHA BALAKRISHNA



Ms.Sujatha Balakrishna is a HRDF certified trainer and a Certified Happiness Coach trained by Happiitude, India and Berkeley Institute of Well-Being, California. She is also a certified HRDF trainer. She is a senior lecturer, writer and current PhD student in Management. Sujatha holds an MBA from Universiti Malaya (2007) and a BA (Hons) degree from Nilai College and Oxford Brookes University (2001). She has more than 17 years of teaching experience in higher education with both local and international universities and have taught international students from countries such as China, Nepal, India, Sri Lanka, Trinidad and Tobago, Pakistan, Indonesia, Japan, Korea, Nigeria, Tanzania, Uganda, Zimbabwe, Equatorial Guinea, Maldives, Kazakhstan and many more. Sujatha enjoys working with diverse group of participants. She is well verse with both offline and online training tools such as Kahoot, Quizzes, Ms.Teams, Google Meet and Zoom. Sujatha is comfortable conversing both in English and Malay language with participants.

Sujatha has strong expertise in the areas like workplace happiness, motivation, leadership, workplace etiquette and professional grooming, assertive communication, presentation and persuasion skills, team work, emotion, mental health, personality, interpersonal skills and business ethics. She has published a number of academic papers in reputable journals. Sujatha writes and publish articles for many educational magazines and newspapers on topics like Gen Z, SDGs and education and mental health. She was also an anxiety and panic attack patient and wishes to share the experience with more people.

She has been a keynote speaker and guest lecturer for many international events. Sujatha holds a membership in Malaysian Institute of Management, Institute of Marketing Malaysia, International Council for Education, Research and Training (ICERT), to name a few. She has also won a few international awards as an academician. Sujatha believes that ability to build rapport with the participants easily is her most valued strength that can make her interact with diverse participants from all over the world.