

USHA SARDA

Trainer

MBA Finance,
BSC Computer Science

Certifications:

NLP Master Practitioner

Train the Trainer

Life Coach

Cognitive Behaviour Therapist

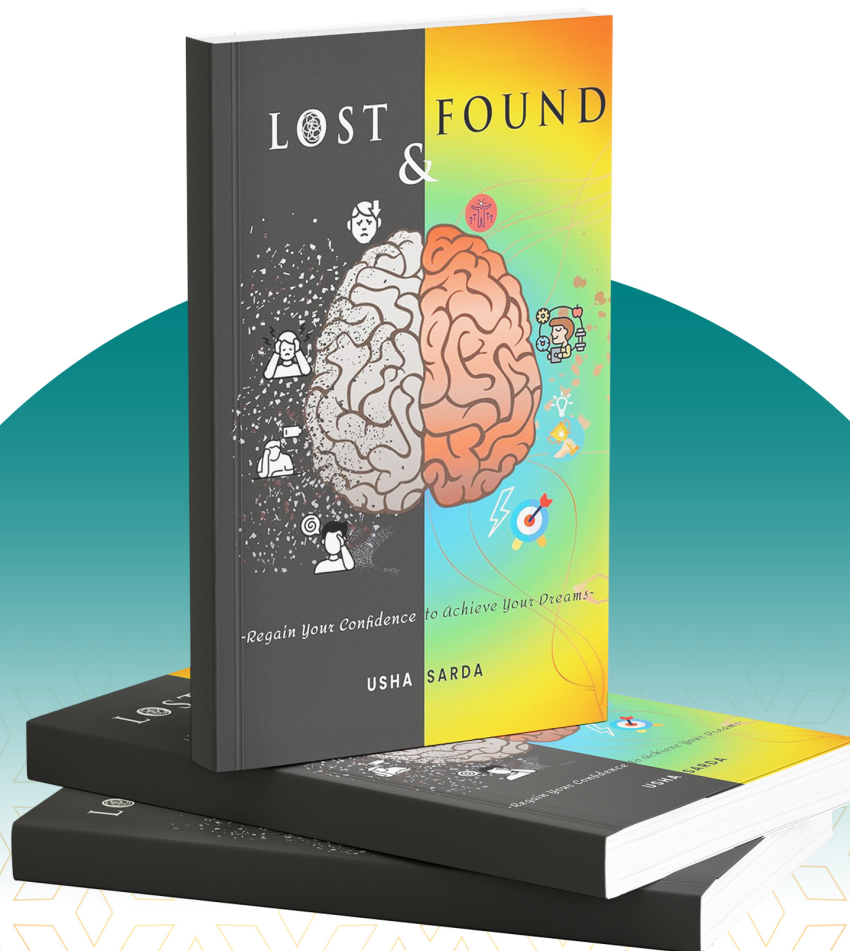
Emotional Intelligence Practitioner



My Book:

Lost & Found

"Lost and Found, a transformative book available on Amazon that helps readers overcome overthinking, reshape limiting beliefs, and gain clarity and confidence to achieve their dreams. Drawing from proven concepts of Cognitive Behavioral Therapy (CBT) and Neuro-Linguistic Programming (NLP), the book raises awareness and provides practical tools for personal growth and success."



Transforming Professionals with Practical, Engaging & High-Impact Training & Coaching

With over 6 years of corporate training experience and 7 years in academic teaching, I specialize in equipping mid-level managers, senior executives, and customer service professionals with the essential soft skills needed to communicate effectively, lead with confidence, and drive business success. My approach is practical, interactive, and highly engaging, ensuring immediate application of learning in the workplace.



Why Work With Me?

- Proven Impact: 150+ workshops, 1,000+ professionals trained across various industries.
- Industry Recognized Trainer: Associated with ICAI Dubai Chapter, Hayford Training, and Upgrade Skills.
- Corporate Experience: Trained professionals from companies like Glinks and Nimai (MSMEs).
- Speaker & Thought Leader: Featured at networking forums, communities, and multiple radio appearances.
- Author of Two Books: Lost and Found (Amazon-listed) & Success Masala (co-authored).
- Certified Expert: NLP Master Practitioner, NLP Trainer, EQ Practitioner, Life Coach.

My Unique Training & Coaching Methodologies

1

5C of Communication Framework: Confidence, Connection, Clear Expression of Self, Conviction, and Conflict Resolution.

2

CEFA Framework: Clarity, Explanation, Feedback, Action – ensuring structured and impactful communication

3

Movie-Based Learning: Simplifying complex concepts through storytelling and relatable real-world scenarios.

4

Activity-Based Learning: Hands-on, interactive sessions that make training enjoyable and memorable.

Trainer Profile

Key Training Areas & Outcomes

- **Effective Communication:** Build clarity, confidence, and presence in workplace conversations.
- **Customer Relationship Management:** Improve client interactions, enhance trust, and boost
- **Presentation Mastery:** Deliver compelling and persuasive presentations with impact.
- **Supervisory Skills:** Equip leaders with tools to manage and inspire teams effectively.
- **Stress & Time Management:** Develop resilience and productivity strategies for peak performance.
- **Persuasion & Influence:** Master the psychology of influence to drive results.
- **Emotional Intelligence in Corporates:** Enhance self-awareness, empathy, and leadership
- **NLP for Leadership:** Leverage NLP techniques to enhance decision-making and motivation.

Executive and Confidence Coaching

Beyond training, I offer one-on-one coaching for mid-level managers and business owners helping them develop the confidence, leadership skills, and communication mastery needed to thrive in their careers. My coaching combines NLP, CBT, and proven psychological models, ensuring deep mindset shifts and lasting transformation.



Coaching Outcomes:

Leadership Growth:

Cultivate a powerful executive presence and decision-making ability.

Confidence Mastery:

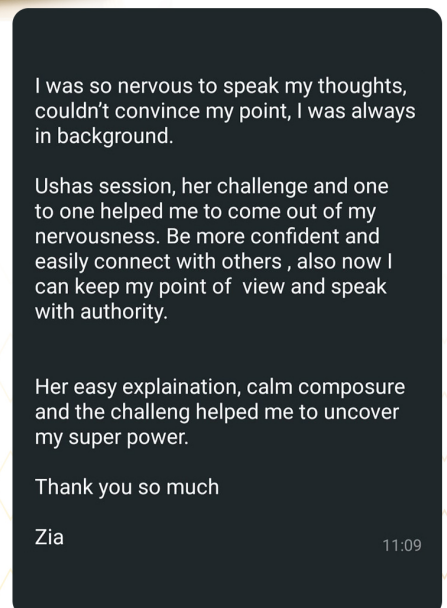
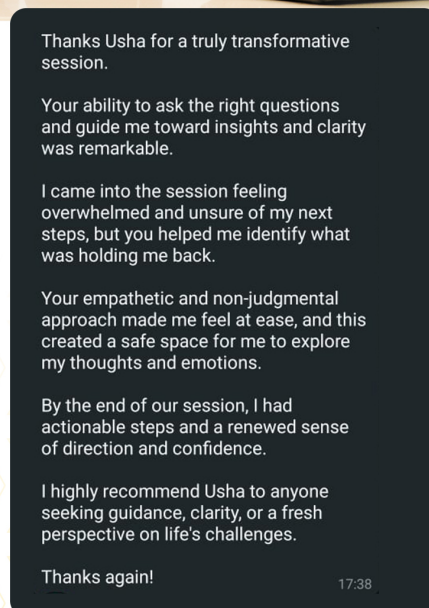
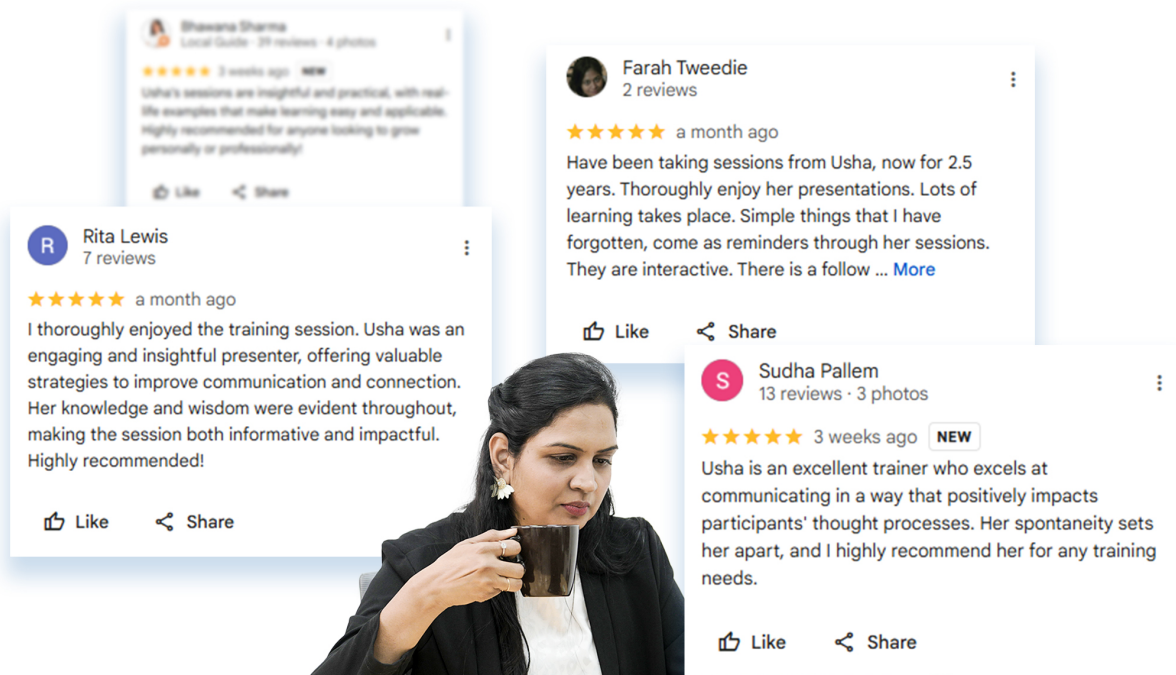
Overcome self-doubt and communicate with conviction in high-stake environments.

Mindset Shifts : Reframe Limiting beliefs and develop a success oriented approach.

Strategic Communication: Learn persuasive techniques to influence and inspire teams effectively.



Client's Review & Testimonials



Client's Review & Testimonials



31 Jan 2023

Ms Usha Sarda,
Trainer,
Dubai.

Dear Ms Usha,

Our just concluded webinar went off very well. The session has been very well received by the guests who attended. The contents, presentation and session management was appreciated by all. Your subject knowledge too has been praiseworthy. The way complex thoughts were presented in a simple manner was also a very good experience for all.

We would like to thank you for conducting this webinar in a good, professional manner. We now look forward to the training programmes that will follow. We look forward to equal or better conduct of our future programmes.

Thank you and warm regards,



Dr Ramesh Menon

General Manager

P: +971 4 5542 733

M: +971 56 170 8449

Website: www.hayfordlearning.com



Let's Connect!

I am passionate about helping professionals unlock their full potential through structured skill development and transformational coaching. If you're looking to elevate your leadership, confidence, or team's performance, let's discuss how my programs can bring real transformation to your organization.

Contact No: +971529200520
coachushasarda@gmail.com
www.ushasarda.com

