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Kindle Your Potential

SPEAKER PROFILE



Consultant / Speaker Highlights

Yaqeen Sikander

Psychotherapist | Wellness Consultant | Empowerment Coach

- PhD Candidate in Clinical Psychology (Turkey)
 - M.A., Counseling Psychology (Turkey/Germany)
 - BHSc (Hons), Psychology (Malaysia)
 - Member of the British Psychological Society, MBPsS
 - Fluent in English, Urdu, Hindi, Turkish & Kashmiri
 - Traveled to more than 35 countries
 - Motivational Storyteller - Published Author & Poet
 - Trained more than 100,000 people
 - Above 50,000 active social media followers
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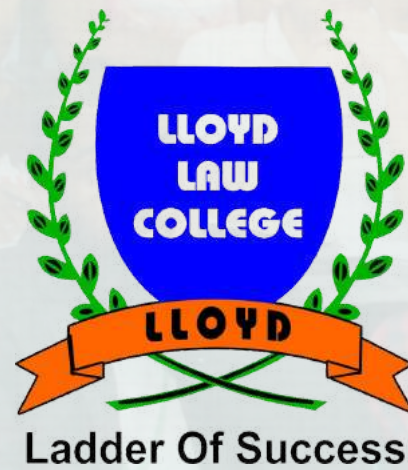
SOME BRANDS & ORGANIZATIONS SERVED



carré Creative



Stanford University



ACWAY
A Common Word Among the Youth



A.P.U.
ASIA PACIFIC UNIVERSITY
OF TECHNOLOGY & INNOVATION

VEGA
SIGORTA





SPEAKING/WORKSHOP THEMES



EFFECTIVE LEADERSHIP

Discover essential leadership skills and the principles of transformational leadership to effectively lead & increase productivity and engagement within your team.



MENTAL HEALTH/WELL-BEING

Learn strategies to improve your well-being and develop a self-care plan prioritizing your mental health to overcome burnout, stress, anger and other problems that prevent you from being the best version of yourself.



EMPLOYEE WELLNESS

Interactive assessment of employee well-being to improve motivation & reduce stress leading to increased performance & engagement.



INDUSTRY READINESS

Strategies for new university students & graduates to learn essential skills to be ready for the industry and succeed as a professional.



SPIRITUALITY/MINDFULNESS

Research-based methods to improve mindfulness & connection that enhance focus, well-being and fulfillment.



TEAMPOWERMENT

Developing strategies that enhance team cohesion, leadership potential & improve focus, performance & alignment.

CONSULTING SERVICES

The Keynotes & Workshops can be based on the above themes. The workshop structure is modular & can be further discussed & modified based on client request. For any customized or specific requests, please get in touch.

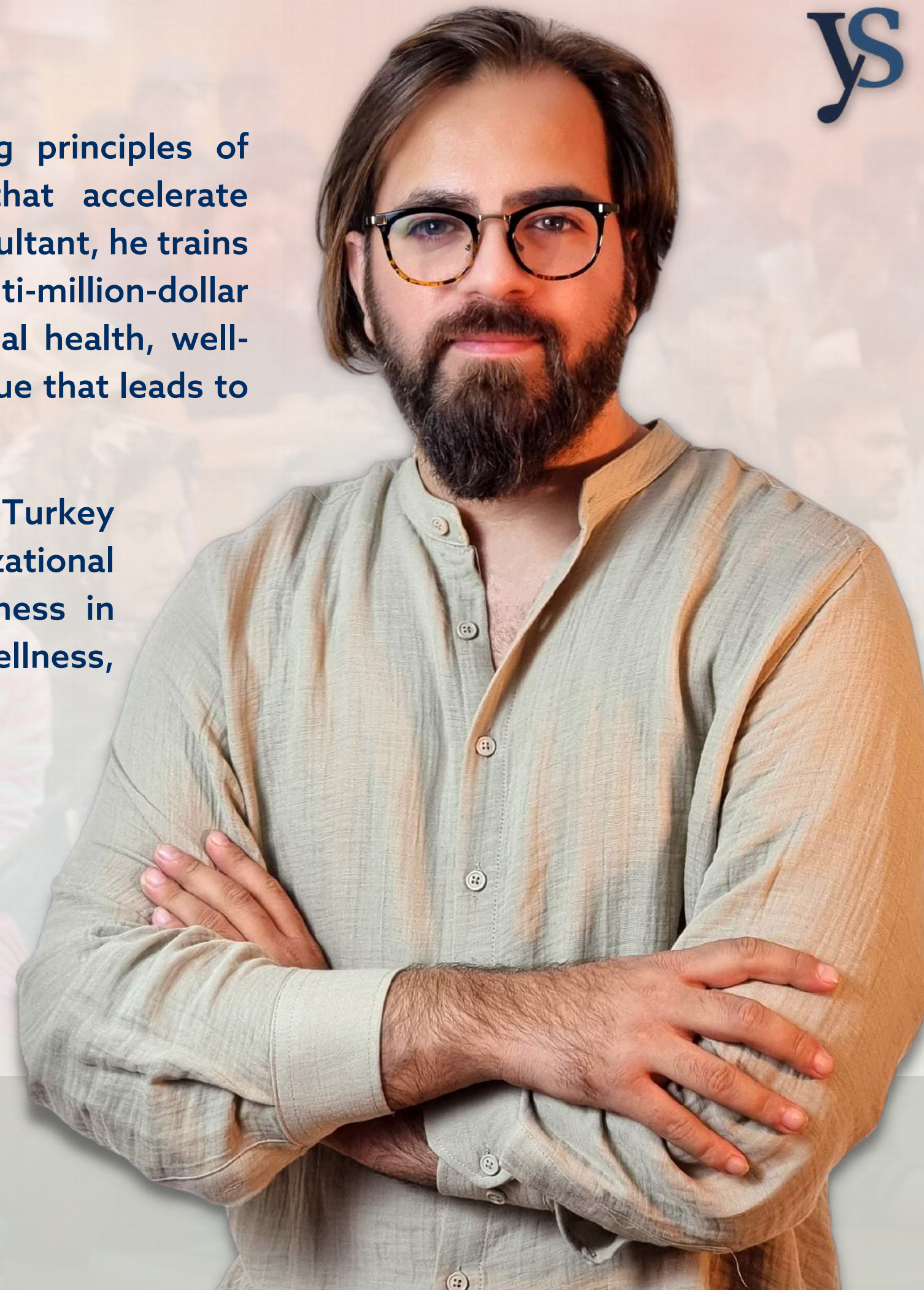
ABOUT YAQEEEN SIKANDER



Yaqeen Sikander is internationally recognized for his amazing ability to bring principles of psychology, spirituality, philosophy and research into practical strategies that accelerate performance, success and empowerment. As a psychotherapist and a wellness consultant, he trains and coaches leaders and teams ranging from universities and start-ups to multi-million-dollar businesses in transformational leadership, visioning, organizational culture, mental health, well-being, and employee assistance programs to inspire positive change and create value that leads to empowered organizations with greater performance and engagement.

As a Psychotherapist & Clinical Psychologist, Yaqeen trained in Malaysia, Germany, Turkey & India to develop people-centric interventions that boost individual and organizational success & well-being. He is a passionate advocate of mental health and wellness in workplaces and specializes in psychotherapy, psychometric testing, employee wellness, peak-performance, stress management & self-care development.

Yaqeen has widely travelled to more than 35 countries in the last 5 years to deliver keynotes, workshops, lectures, and training. He is an excellent storyteller and a polyglot who speaks English, Hindi, Urdu, Turkish, Kashmiri, Arabic & a bit of Malay & German too. He is a published author and poet who also actively participates in non-profit, peacebuilding and conflict-resolution programs. Yaqeen is currently based in Istanbul, Turkey.





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