



PAYAL TALWAR

With over 13years' experience in the field of learning and development, Payal has functioned in diverse capacities – as a Life and Performance Coach, life-skills trainer, educator and administrator.

Armed with an **MSc (Miranda House, Delhi University)** and an **MBA degree (Symbiosis, Pune)**, Payal is passionate about learning and honing her skills. Certified in adult learning (by the **International Finance Corporation, A World Bank arm**), she is a **Master Practitioner of NLP (certified by NFNLP, USA, trained at Neoway)**. She is also a **certified Law of Attraction** trainer. She is also an **NLP Life and Performance coach (Neoway Academy, Bangalore)**. She helped co-found WINGS Team, a dream that everyday achieves its goal of helping people empower themselves.



Payal has coached and supported people from all walks of life in finding fulfillment and in achieving their goals. Her coachees have been corporate employees, housewives, sportspeople as well as students. She firmly believes in the inherent resources within each person and is committed to helping people discover their true potential.

Payal has been actively managing the comprehensive training programs - including needs assessment, content development to actual facilitation. She has trained over 5000+ professionals' globally on management, leadership, Team dynamics, Motivation, Sales and Personal Effectiveness She has carried out over 100+ Learning & Development initiatives end to end. She has also conducted classes on English language Enhancement and Personality Development for students as well as working professionals extensively. She has worked with organizations like LG India, Moserbaer, Punj Lloyd, Jindal Steel and Power Limited, Matrix, Datt Medi ,Tata tea, Amalgated Plantations, Thapar Engg College, SCMS Kochi etc .

Payal has also worked with a number of educational institutes for value addition. She has held teachers' trainings in GD Goenka, Paschim Vihar, APS Delhi Cantt, Laidlaw International; Providence College, Ooty and a number of Army public schools across the country. She has worked with Principals, teachers as well as the students to bring about a mindset shift.



She has recently authored a book, **Kanta Bai Pvt Ltd**. Which is a rib-tickling account of the everyday life of a work-from home mother. Her second book has gone to the editors also.

Payal comes from an army background and has the ability to deal effectively with every situation – be it to host to the President of India or relate to the junior most employee of an organization.

Armed with an MSc degree, she also dabbles in the creative arts – of writing and painting. Running is a passion and a discipline – which shows in each aspect of her life.

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