



Lakshmi Lakshman

Behavioural & Soft Skills Trainer | Leadership & Team Dynamics Specialist

Professional Summary

Lakshmi Lakshman is an accomplished Behavioural Training Specialist and Leadership Coach with over 15 years of proven excellence in the corporate learning and development space. Her work spans diverse industries, where she has consistently enabled individuals and teams to communicate effectively, collaborate seamlessly, and elevate their professional performance.

With a strong foundation in human behaviour, communication, and performance psychology, Lakshmi is known for creating learning experiences that are deeply engaging, insight-driven, and transformational. Her sessions are rooted in practical application, experiential methodologies, and frameworks that help participants internalise behavioural change with confidence and clarity.

Lakshmi's earlier two-decade career as a sports journalist honed her observational skills, storytelling ability, and empathy—strengths that uniquely enrich her facilitation style and connect powerfully with participants across levels.

Core Expertise

Behavioural Skills Training

Emotional Intelligence, Self-Awareness, Collaboration, Workplace Behaviour, Professional Etiquette

Soft Skills & Communication

Business Communication, Interpersonal Skills, Public Speaking, Presentation Skills

Leadership Development

First-time Manager Development, Team Dynamics, Influencing Skills, Coaching Conversations

Performance Enhancement

Goal Setting, Motivation, Productivity, Ownership Mindset, Workplace Discipline

Training Delivery & Facilitation

Experiential Workshops, Coaching-based Facilitation, Group Dynamics, Activity-Driven Learning

People Development & HR Enablers

Interviewing Skills, Team Management, Performance Conversations

Professional Experience

Soft Skills & Behavioural Trainer | Leadership Coach

November 2010 – Present | West Bengal, India

- Conducts structured behavioural and soft-skills interventions for employees at junior, mid, and senior levels.
- Designs and delivers signature programs focusing on interpersonal effectiveness, leadership presence, professional communication, team dynamics, and performance enhancement.
- Recognized for her ability to simplify complex behavioural concepts and make them practical, relatable, and immediately applicable in the workplace.

Education & Certifications

- Master's degree in economics (Stella Maris College, Chennai)
- Neuro Linguistic Programming (NLP) Practitioner