

# Dr. Navana Kundu

EMOTIONAL MASTERY EXPERT

## SPEAKER BIO

Navana draws on her 15+ years of experience as a writer, entrepreneur, coach, therapist and best-selling author to teach leaders and achievers how to be UNSTOPPABLE!

She is an award winning, highly acclaimed and in demand speaker in national and international world. Navana is a master practitioner in 20 different therapy and coaching modalities, accelerating positive change in people's lives. She has been awarded the **Excellence in Meditation 2021 award** by **World Health Awards**, and named one of the 40 Top Coaches to Look Out for 2021 by **NYC Journal**.

She has been featured in **The Entrepreneur Magazine, Thrive Global, Khaleej Times, International Business Times, Business Standard** and many more worldwide publications. Dr. Navana spends much of her time in the Himalayas exploring more deeply the spiritual aspects of human life.



Her highly sought-after workshops around the world are popular and booked out with raving reviews. She is an in-demand dynamic speaker for FT 500 companies, special events, corporate retreats and more. Navana has been asked as well to facilitate keynote interviews, fireside chats and discussions with CEOs, and other notable entities.

She is a shining light in the world of self-improvement and empowerment.