



# ASHMITA PAL MAJUMDAR

Life, Leadership &  
Mindfulness Coach

## SKILLS

- Emotional Intelligence
- Leadership Guidance
- Goal Setting
- Effective Coaching
- Active Listening

## EDUCATION

Masters in Business  
Administration  
IISWBM, University of Calcutta  
2013-2015

B.Tech (Electronics &  
Communication)  
Techno India, WB University of  
Technology  
2009-2013

## EDUCATION

500 Hrs Advanced Yoga  
(Yoga Alliance, USA)

Micromasters in Supply  
Chain (MIT, USA)

Business Excellence  
Assessor (Tata Sons)

## LANGUAGE

English  
Hindi  
Bengali

## ABOUT ME

Certified Life, Leadership & Mindfulness Coach with 10+ years of experience, including an extensive hands-on exposure in corporate structure leading high-impact business initiatives, client management and long term organisational planning. Currently transitioned into full-time, partnering with individuals and corporate clients to enhance clarity, leadership acumen, communication and work-life balance. Certified by Yoga Alliance, USA, with a unique approach that ancient personal development techniques with modern coaching frameworks to deliver holistic, transformative results.

## PROFESSIONAL EXPERIENCE

### Life Coach

Self-employed  
Jan, 2024- present

- Provide guidance throughout major life transitions, decision making, confidence building to achieve better work-life balance, improved life perspective, enhanced self-confidence and develop leadership acumen.
- One-on-one consultation to evaluate individual long-term & short-term goals, present circumstances and deliver insights to help them improve their required capability & skills.
- Conduct knowledge-driven, cognitive webinars for clients to provide awareness on holistic mental and physical health.

### Senior Manager

TM International Logistics Ltd. (JV of Tata Steel, IQ Martrade & NYK Shipping))  
Jun 2015- Dec 2023

- Strategic Planning, market analysis, risk management and business excellence management for major business units.
- Leading high-value customer management, handling business requirements, ensuring performance management, establishing and managing communication channels, executing commercial and legal agreements between government organisations and customers.