About Skills for Life Foundation

Since its inception in the year 2009, Skills for Life Foundation has been on a Mission to become a National Model to impart Emotional Literacy, Creative Leadership and Empower individuals with essential Life Management Skills.

Skills for life Foundation stands tall with its relentless contribution to the paradigm shift in the world of education. SFLF has substantiated through its well researched, strategic Leadership & Life Skills curriculum that Education can only be termed complete and holistic if it is able to attain the right equilibrium between academics and Life Skills.

SFLF is the only organization in India that has efficiently imparted Leadership and Life Management Skills to youth, which is generally imparted at Corporate level.

Skills for Life foundation as an institution is working with a vision to create innovators and divergent thinkers be it our Youth, educators, Parents, Individuals or Women for their Personal Improvement.

About The Founder

"When we choose to stop and reflect on the purpose of our Life; that is the time we alleviate ourself from mediocrity. That is the time Heroes are born!"

Gurleen Kaur Founder;
Skills for Life Foundation

Gurleen Kaur, Founder - Skills for Life Foundation is a staunch believer of the infinite human potential that exist within each individual, it is up to us to choose and operate at the highest level of our Being.

It was her passion and deep desire to see individuals unleash the Extraordinary in them and operate at their optimum that led her to establish Skills for Life Foundation in the year 2009. Since then she has been helping adolescents, teachers, parents and women from all walks of life to find right perceptions of themselves, live a life of purpose and achieve the Extraordinary.

She discovered her passion when she was heading a reputed senior secondary school in Delhi, where she experienced the Gap that existed between adolescents and their parents. She came into action and went on to create Emotional and Social Intelligence trainings that acted as a bridge that united families. The overwhelming appreciation, her passion and belief made her take a very challenging decision to get on a Mission to make Leadership and Life Skills, a part of the mainstream education.

Gurleen Kaur is a Doctorate in Psychotherapy and Counselling, an International affiliate with American Psychologists Association. Her consistent endeavors received public accreditation in the guise of two prestigious awards in the year 2015. She was recently honoured with the International Humanitarian Award by Peace Society worldwide and Indian Education Award 2015, for 'The Most Innovative After School Education' by Indian Education Congress.

Gurleen's perseverance and passion has led Skills for Life Foundation to penetrate into educational institutions to incorporate 'Leadership & Life Skills' as a subject.

She is determined to change the face of education in India and empower Youth, such that their success is defined not just by their academic qualification but also their Skills & Character!

Skills for Life Foundation - Panel

Dr. David Lincoln

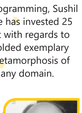
A clinical psychologist with specialization in mind-body connection, an International Master Trainer of NLP, and an accomplished writer.....Dr. David Lincoln is a man endowed with several proficiencies. He enriches the foundation with his inventory of knowledge accumulated from education and training in UK and USA. Books authored by him such as 'What They're Doing to Me' and 'David's NLP Manual' highlight the power of hypnosis and array of alternative therapies.

Dr. Doris Greenwood

Dr. A. Doris Greenwood is an expert in Emotional Intelligence and has 33 years of experience in coaching and training. She has focused in the past 22 years in the field and has exposure in various organizations of US. Doris is a certified Master Trainer in leadership and communication, Consciousness and Bioenergetics.

Ruhmmen Kaur

A detail oriented professional with over 13 years of experience in eminent Fortune 500 firms, Ruhmeen Kaur contributes towards the foundation with her valuable insights on Staff Leadership, the evolving dynamics of current market trends and fundamentals of business success. Her humane instincts led her to the path of founding, 'SAHI – Set up a home Initiative' in the year 2014 with the intent to serve refugees in the US mainland by providing rehabilitation services such as housing, nourishment, employment assistance and counselling.

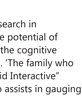


Dr. Bhavna Barmi

'Reach, assist and care....' With this passionate phrase etched in her heart, Dr. Bhavna Barmi endeavours to develop an Indian society that grows holistically and is accomplished to nurture the future generation. She holds the designation of a Sr. Clinical Psychologist at Fortis Escorts Hospital and is on the panel of with several reputed organisations. Her paradigm of work ranges from spearheading national women and girl child empowerment movements to workshops in prestigious educational institutions to rendering consultation on television channels like CNN IBN, Star Plus, and Pragya TV.

Sushil Mehrotra

An electronics engineer and a certified trainer of Neuro-Linguistic Programming, Sushil upholds the faith that 'Nothing is Impossible'. With this firm belief, he has invested 25 years of his life in the realm of training and service delivery. His quest with regards to human potential made him experiment in real life situations and unfolded exemplary results. The hypothesis reveals that there is possibility of complete metamorphosis of human personality that could facilitate realisation of one's dreams in any domain.



Col (Retd) Himanshu R. Saxena

No one can conceptualise and comprehend the dynamics of Leadership, Human Resource, Training, Strategy and Operations more than a man in uniform. As an Organizational Learning & Consulting Expert, Col (Retd) Himanshu R. Saxena adds wealth of his diverse assets and cross functional expertise to the foundation. While on rolls of the Indian Army; he earned the opportunity to be the Chief People Officer deputed by the United Nations in Africa. In the civil street, he gave shape to his dreams as the Founder & CEO of Mavrik Consulting & Training- an Organizational Learning & Consulting initiative, targeted to bridge the gap between Corporations and Academia.

Col. Aalok Sood

Col. Aalok Sood has in his repertoire of 27 years in a disciplined Army life. He is a Double Bachelors and a Double Masters (BSc Hons, B-Tech, M-Tech, MBA), and holds a Diploma in Senior Level Defence Management. He is an International Master Trainer in Directive Communication (DC) Psychology, National Head, DC India, and a Regional Head, Asia Pacific Region

Thomas Bain

Founder and currently the Dean of the International School of Project Management in Delhi, Thomas Bain is a man of immense intrinsic worth. His career profile is laden with diverse accreditations of being an Adviser and Project Manager at the European Commission; an Administrator of Management Education at World's Best Management Institute - the International Institute for Management Development (IMD), Lausanne; the Founder and first Administrator of the Budapest Institute for Graduate International and Diplomatic Studies (BIGIS) - the Top International Relations Institute in Hungary; a Lecturer at the University of Economics (now known as the Corvinus University), Budapest; and a Research Assistant at the University of Geneva.

Abhinav Verma

An IIT alumnus, Abhinav has invested 8 years of his life conducting research in Singapore, Malaysia, USA and Canada. His study aimed to evaluate the potential of brain racking exercises and mind games towards the development of the cognitive faculties and critical thinking. Being an ardent canvasser of the belief... 'The family who plays together stays together', he has conceived the unique "Parent Kid Interactive" module. This tool not only strengthens the parent-child bond but also assists in gauging the positive transformation in the personality of the child.

Acknowledged and appreciated by Eminent Personalities

Dr. APJ Abdul Kalam

"Dream, Dream, Dream; Dream transform into thoughts; Thoughts transform into Action." Dr. APJ Abdul Kalam is the epitome of Leadership and Integrity, and he has inspired the Zenithians to follow his footsteps and believe in their dreams by launching Curriculum to Zenith.

Dr. Kiran Bedi

"Students at Skills for Life foundation are taking a very big gift for their lives. Zenith provides a platform to students where they are "PRAYER IN ACTION". These students are learning new things. They are becoming better Human Beings. The things that they are learning today, they are taking a whole character trait from Zenith; A character habit which is going to be a foundation of all their responses. At this moment, they would not realize the change it is actually bringing deep within them. But in reality this is going to go a long way. It is a turning point in their life in many-many ways because of the mere reason that they have seen what extra they have; they are seeing people not complaining when they have nothing. Their responses are going to change from here, My parents made the effort of bringing in the qualities that Zenith brings to you. We never had schools like Zenith, it is only now.

Smt. Sheila Dikshit

"Skills for Life Foundation is doing a tremendous job by organizing children and making them aware of the changing world and its changing challenges. I am extremely influenced by the work this organization is doing. When these kids came to me to be a part of your project, I was greatly excited to give all our support which I could give to make it a success. It is immensely important to keep taking part in such endeavors. It is exceedingly beneficial for this generation, their future and even for the upcoming generations. I wish this organization "All the very best".

Shri Milkha Singh

"You have such capable kids at Zenith. It was a pleasure meeting them. Skills for Life foundation is doing a tremendous job. Well done!!! Organizations like yours are a need of the society today. I thoroughly enjoyed meeting the Kids from Skills for Life foundation."

Dr. Rita Duggal

I deeply appreciate the hard work and efforts of the entire team of Skills for Life foundation specially Gurleen madam who ensures that her team works for you all like you were her own children, they do not take classes just to complete a course, they put in all that they have to bring about the change and contribute in your life. I am amazed to see the immense improvement each one of you has shown in yourself, no one can imagine that you are the same children whose videos I had seen a few weeks back, You have all changed a lot and now it is all your work to continue with this change, it's your responsibility to keep my thinking awake and Pass on this learning to your younger brother/sister, friends to improve their personality and teach them life skills. Our development starts with our family, our house and only then it spreads to our environment and surrounding so promise me to first create happiness in your family and then strive to make a happy community.