



Shoba Shekar, CMT-P

TWO FEET ONE BREATH · MIND FITNESS FOR WORK AND LIFE

I help teams hone their focus, manage stress and build resilience.



ABOUT

Shoba Shekar helps people in high-pressure roles hone their focus, manage stress and build resilience.

In corporate and educational settings, she runs programmes shaped around each group's pressures, for teams at work, people going through career transitions, and students and young professionals. She has also guided over 1,500 live morning sessions for professionals since 2021, first through HabitStrong and now through Aroha.

In defence, she has been with the Indian Air Force Mind Fitness programme since 2023, delivering train-the-trainer programmes for internal instructors across two cohorts, and has conducted sessions for CRM and FIS. She has also run programmes for the AFFWA Board of Management, Western Command, and for Air Force spouses and children.

Before moving into mindfulness, she spent over a decade working across counselling, mental health, teaching and HR in India and Nigeria.

WHAT I TEACH

Mind and attention

- How to recognise your focus derailers and bring your attention back
- How to not get carried away by your thoughts
- How to recognise thinking traps and build resilience

Stress and recovery

- How to change your relationship with stress
- How to activate your relaxation response
- How to take effective breaks
- How to sleep better

Everyday practice

- How to bring mindfulness into daily life and sustain the habits you build
- How to bring self-compassion to yourself

CREDENTIALS

- Certified Mindfulness Teacher (CMT-P), IMTA
- Certified Mindfulness Teacher, 300 hours, Engaged Mindfulness Institute
- Mindfulness-Based Stress Reduction (MBSR), Brown University
- Trauma-Sensitive Mindfulness, David Treleaven
- MSW, Medical and Psychiatric Social Work



FORMATS

1–2 hours

Awareness session

Same-day tools, in person or online

Half day to 3 days

Workshop

More practice and discussion, in person or online

4 weeks

Practice programme

One session, then four weeks of guided practice online

8 weeks

Skill-building programme

One hour a week online for eight weeks

I also offer one-to-one training online: an 8-week introduction to mindfulness for individuals.

TAYLOR & FRANCIS (INFORMA)

Sessions on focus and stress, shaped around the team's own challenges, in person and online. Rated among Informa's most impactful sessions, and invited back for a third.

TESTIMONIALS

"Incredibly articulate and useful workshop... Very welcoming, inclusive format and really practical. Highly recommend Shoba Shekar!"

Workshop participant, Taylor & Francis (Informa)

"Many participants reached out to me to share the deep impact Shoba had on their lives... People trusted her, and she always upheld that trust."

Rajan Singh, Founder, HabitStrong

"She explained complex methodologies in a simple manner by drawing the parallels that stuck to the mind."

Giri Chakravarty, Senior Solutions Consulting Manager, Amazon Business EU