

Sujata's Profile

Sujata is the Founder of Inner Horizons www.inner-horizons.com a safe and sacred space for seekers to explore their relationship to self, other and context in order to discover and pursue their personal and unique path to Self-Actualization. As an experiential workshop facilitator Sujata uses playful, insight-evoking activities designed with an innovative blend of ancient-eastern and modern-western paradigms.

Sujata is also a Transpersonal Psychotherapist in private practice in Hyderabad, known for her unique approach of enabling clients to see relationship issues and life-transitions as pathways to self-discovery and personal growth. For over 26 years Sujata has facilitated the transformational journeys of over 10,000 individuals, couples, parents and families.

Sujata has an M.Phil. in Clinical Psychology from NIMHANS (Bengaluru) India. She has trained abroad in transpersonal therapeutic modalities such as Family Constellations, Past-life Regression and Hypnotherapy. She has also studied Kinesiology and Pranic Healing. She has served as an academic consultant and guest faculty in India and the US.

Sujata currently offers the following experiential workshops customised to meet varied participant profiles:

1. Art & Science of Self-Actualization (**ASSA**): A 60-hour intensive training & certification course for practicing & aspiring Counsellors and Coaches. This is a flagship course of Inner Horizons with 300+ alumni, many of whom are practising as successful counsellors and coaches.
2. Art & Science of the Be-Loved (**ASB**): A 12-hour workshop to understand and explore intimate relationship as a path to self-actualization.
3. Art & Science of Empathic Leadership (**ASEL**): A 30-hour course to enhance emotional intelligence and enable Transformational leadership.
4. Self-Empowerment for Educators (**SEEd**) is a 48-hour course to empower educators with the skills of competence, connection, and creativity in teaching.