

PANDIT DASA

MINDFUL LEADERSHIP EXPERT, MOTIVATIONAL SPEAKER AND AUTHOR

Pandit Dasa is a Mindful Leadership Expert, motivational keynote speaker and author. Pandit helps organizations improve employee engagement, retention and workplace happiness. He does this by inspiring organizations to create a mindful workplace culture by encouraging his audiences to lead by example, appreciate the contributions of their colleagues, communicate mindfully and manage one's emotions. He helps individuals develop positive leadership qualities, lower stress and anxiety, increase focus and productivity and boost emotional intelligence.

He emphasizes that self-care is not selfish and that maintaining our mental, emotional and physical health is essential to our professional growth. He also engages the audiences in various breathing and focusing exercises that individuals can implement at work and at home to boost focus and clarity. In his book, Urban Monk, Pandit writes about the turning point in his life that came after his family lost their multimillion-dollar business, which ultimately led him to living as a monk for 15 years in New York City.

Some of the organizations Pandit has spoken to are:

Google	NASA	World Govt. Summit
JPMorgan Chase	The World Bank	London Stock Exchange
Citibank	AT&T	Oracle HCM
TD Ameritrade	UBS	ATD2018
State Farm	Royal Bank of Canada	UNICEF
Bank of America	AMC Theatres	AMC Networks
Nationwide	UNICEF	Columbia University
State Farm	Bank of Montreal	
Intel	Harvard	
Novartis		

Pandit has spoken at a TEDx conference and has been featured in the Wall Street Journal, Forbes, Business Insider, PBS, NPR, The New York Times, and Psychology Today.

Video Links

[Website](#)

[Speaker Reel](#) (2-minutes)

[Speech at HR Conference](#)

[Speech at SAP](#)