

Trainer Profile: Sathish Sampath



About Sathish Sampath

Sathish Sampath is an internationally acclaimed and very well known Behavioural Researcher, Entrepreneur, psychologist, certified hypnotherapist, Leadership Coach and a famous Mindfulness Trainer with over two decades of success as a transformational leader and entrepreneur. Renowned for his expertise across diverse domains of psychology, coaching, and holistic healing, Sathish has profoundly lives through his Training.

Recently, Sathish was honored with the prestigious Neal Elgar Miller Citation, awarded jointly by the Government of India (GOI) and the World Health Organization (WHO), UN. This recognition was bestowed upon him during an international event where he presented his groundbreaking research paper on the Mind and Body Biofeedback Mechanism. Competing among numerous global researchers, his work was celebrated for its profound insights and practical applications, solidifying his status as a global thought leader.

Certifications and Expertise

- Management Post Graduate & Research Scholar in International Sales & Marketing
- Certified Psychologist
- Certified Hypnotherapist
- Certified in Sports Psychology
- Qualified in Modern Applied Psychology
- Existential Psychotherapy & Counseling Specialist
- Addiction Counseling Expert
- PTSD Counseling Practitioner
- Cognitive and Behavioral Training Specialist
- Certified Mindfulness Trainer
- Certified Leadership Coach
- Certified in International Fusion Massage Therapy (specializing in Zen Shiatsu and Hawaiian Lomilomi)
- Advanced Diploma in Therapeutic Massage using Bach Flowers (Flower Medicine)
- Certification in Homeopathy and Flower Medicine
- Certified Herbalist
- Cleared Basic Diplomacy for working with international clients, governments, and businesses.

Professional Affiliations – IMTA, IAOTH, IGPPA, CTAA, ICP, WHO, UNDEA, UNICEF, GOI

Achievements

- Founded and Successfully running Business Group venture for nearing 2 decades
- Decades of experience in psychology, therapy, leadership coaching, and holistic healing.
- Recipient of the **Neal Elgar Miller Citation** for groundbreaking research on the Mind and Body Biofeedback Mechanism.
- Recipient of multiple national and international awards for excellence in his fields.
- A successful entrepreneur, pioneering innovative approaches in mental wellness and leadership development.
- Social media influencer with a substantial following, inspiring global audiences with his wisdom and expertise.
- Near to 1 Million followers in Social Media (combined accrued followers – professional and personal combined)
- Regular Keynote speaker in both in business forums, psychology conferences, colleges and corporates
- Very well known for his Scientific Approach, has worked in sponsored research works for corporates on buyer behavioural research projects.

Books by Sathish Sampath

1. "Embrace the Unknown: Conquer Exam Stress, Cultivate Everlasting Peaceful Mind, and Cherish a Happy School Life with Mindfulness Practice"
2. "Zentastic: Mastering Mindfulness Techniques for Elevating Success, Peak Performance, and Developing Inner Peace at Work and Beyond"
3. "Funding Nexus: Investment Strategies for Startup Business Success"
4. "Brand Psychology: Neuro Marketing and Cognitive Psychology - Revolutionizing Branding Strategies"
5. "I GOT YOU" – Hacking the Human Mind – Proven Psychological Strategies for Effective Sales and Marketing

Training Approach

Sathish's training programs are grounded in a unique blend of modern psychology, mindfulness practices, holistic healing and deep scientific study on behavioural studies on conscious and sub conscious mind and body connection. His sessions are renowned for their interactive and practical approach, ensuring participants leave empowered with actionable tools for personal and professional transformation.

Specializations

- Mindfulness and Supreme Mind Activation: Helping individuals achieve mental clarity, focus, and peak performance.
- Leadership Coaching: Empowering leaders to inspire, influence, and lead with emotional intelligence.
- Holistic Healing & Therapeutic Massage: Integrating advanced MESMA Techniques for overall wellness.
- Psychological Counseling: Specializing in addiction, PTSD, and motivation counseling with a focus on applied psychology techniques.
- Diplomatic Expertise: Assisting clients in navigating complex international relationships and collaborations with governments and businesses.

Contact Details

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