



LEELA BASSI:

ABOVE & BEYOND RESILIENCE

Unbreakable- dig deep dig deeper

Resilience is not a trait that people either have or don't have. Resilience is being able to adapt to stress, crises, and trauma and find ways to bounce forward

After life has beaten you and broken you into pieces resilience is the gift which allows you to find the discipline to dig deeper and use that inner strength we never knew we had until we have to use it. It is a life skill that can be learned and developed overtime. And like many things in life - the more we practice what we are striving to achieve, the faster we discover the resilience that was hiding within us.

After surviving an Arctic expedition in temperatures down to -42 C, winds of up to 80 KM per hour, sleeping in tents on ice with emergency help over 24hrs away, pushed right to the limit, Leela's outlook on life completely changed. From that moment on, her mindset was transformed.

Leela talks about how she found the strength deep within to overcome fear and what seemed impossible at the time; how she gained a "beyond resilience state of mind" along the way. Leela believes that we are all unstoppable and anything can be achieved when you challenge yourself.

www.leelabassi.com



About Leela

After surviving an Arctic Expedition in minus 43 degrees as part of an initiative to challenge how people think about diversity and inclusion Leela Bassi founded her own organisation: *Above & Beyond Resilience Ltd*, speaking on the topics of overcoming adversity which encompass areas such as: Beyond Resilience, Turning Failures into Opportunities, Growth Mindset and Conscious Inclusion

Leela is a distinguished “Beyond Resilience” thought leader, a Diversity & Inclusion consultant and a Keynote Speaker who presents in English, French & Italian.

She has trained top-level executives throughout the UK, Europe, USA, Asia & Middle East and has equipped the leadership teams both locally and cross-culturally, with strategic solutions to the practical challenges leaders face in implementing change.

Leela has spoken to leading organisations such as Yves St Laurent, Gucci, La Bottega Veneta, Alexander Mc Queen, BT, Ocado, Microsoft, The Body Shop, Roche Pharmaceutical, and many more to inspire their leaders and their teams to overcome adversity and go above and beyond.

Leela is driven to inspire business leaders and individuals to adopt the principle that “overcoming adversity” is a key focus for every company as it will benefit both their employees and business.

Known for her determination and focus, Leela describes how to embrace growth for fear of failure and why hunger is always your most valuable asset regardless of your background, expertise or social style.

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