

Founder

ATMA- Director

Leading the ATMA Team towards the Dream...

We are led by **Sri C K Suresh**, Director & Founder ATMA Foundation. He is a Consultant, Trainer & Performance Coach with over 20 years experience in Creative Social Intervention & Individual Empowerment.



Vision & Approach

His Vision of “Helping people Help Themselves” drives him to adopt a Vision- Oriented Cognitive Approach in his sessions. He emphasizes **Intelligent Application** more than **Intellectual Understanding**, for Positive Change. From his rich experience in management, Psychology & Spirituality, he has developed *Living in Harmony* – a Practical Philosophy of Happy Living. His realistic approach and prudence in applying management theories to daily life situations has earned him a wide client – base spanning corporate houses to educational and social welfare institutions.

A Master Team Builder, he is renowned at creating management marvels with young teams.

Education

A Post Graduate in Psychology, Management and Journalism, he is an Accredited Trainer of NF- NLP Florida in Neuro-Linguistic Programming and also a Trained Expert in Transactional Analysis and Handling Learning Disabilities. Also took advanced training in N L P from Dr Richard

Media

His ‘Tips on Effective Living’ was a major segment in the *Udayarasm*i programme on Asianet for over 400 episodes. He has also produced and anchored “Out of Syllabus”, a campus debate series on Amrita TV for 1 ½ years.