



# Mahal Rajan

SPEAKER | TRAINER | AUTHOR  
FOUNDER OF METADESTINY

## About

Mahal is the founder and voice behind MetaDestiny. She has been an educator for about 2 decades.

She holds a Master of Education in English Literature and Bachelor of Arts in English Language and Literature. She is currently a speaker, trainer and author.

Mahal is the author of Repurposed-Finding the New You and the co-author of Shaken Stirred but not Deterred.

After surviving a critical, medical condition, she emerged from it stronger and with a renewed perspective of life and purpose. She is on a mission to inspire women globally to harness their unique life purpose to impact and transform lives.

# Mahal Rajan

SPEAKER | TRAINER | AUTHOR  
FOUNDER OF METADESTINY

## Topics

- Prioritising and Managing Self-Care for Women
- Overcoming Challenges of Motherhood and Being a Joyful Mother
- Managing through Change



## Signature Talks

Title : Redefining Motherhood

- How to find meaning in Motherhood and be a joyful and purpose-filled Mother

Audience will walk away with :

- Insights on overcoming the challenges of motherhood
- Fresh perspectives on being a joyful and purpose-filled mother

Title : Not the Damsel in Distress

- Empowered to break free from limiting beliefs and societal expectations to find one's unique identity and purpose

Audience will walk away with :

- Clarity on defining and establishing one's identity
- Tools to help you find your strength and purpose

## Training Platforms

Digital Course | In-Person Training | Online Training