



Mahal Rajan

SPEAKER | TRAINER | AUTHOR
FOUNDER OF METADESTINY

About

As an Entrepreneur, Trainer, Author and Well-Being Speaker, Mahal is committed to helping individuals lead more fulfilling lives. She delivers highly inspiring talks and training on Resilience, Change Management and Self-Care.

Mahal has been an educator for more than 2 decades. She holds a Master of Education in English Literature and Bachelor of Arts in English Language and Literature. She is also an Associate Lecturer.

Mahal is the Amazon best selling 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 quest to spread the message of Well-Being.

Mahal Rajan

SPEAKER | TRAINER | AUTHOR
FOUNDER OF METADESTINY

Testimonials

"Mahal takes us on an inspiring journey of transformation and how one can use their gifts to impact one's life."

Sam Cawthorn

Founder & Director, Speakers Institute Group of Companies

"Mahal spoke to our team about strategies she used when she was thrown a curve ball which altered both her personal and professional lives. She spoke about how she dealt with it, the steps she took in adjusting to the change and is now using her story to help and inspire others. Mental health remains a taboo subject in many parts of the world, especially in Asia, so THANK YOU Mahal Rajan for the work you do. You are a really engaging speaker, with an inspiring story and above all, a really really nice person!"

Jaime Wong

Change & Integration PM, Ceridian



Signature Topics

Navigating Change Confidently

Using Change as the Catalyst for Your Success

Audience will walk away with :

- Clarity on how to harness disruptions and setbacks to fuel one's growth.
- Tools to help one develop resilience in the face of adversity.

Transformative Power of Self-Care

Orchestrating a Path of Holistic Well-Being

Audience will walk away with :

- Deeper insights into prioritising self-care to foster a stronger sense of identity and self-awareness.
- Strategies to harness one's strengths to propel towards one's purpose.

