

TRANSFORMATIONAL
LEADERSHIP

EXECUTIVE
WELLBEING

BURNOUT
PREVENTION

MINDFUL
LEADERSHIP

WOMEN IN
TECH & DEI



Senior Leader, Microsoft | Founder, Mind Space

Built to Lead. Designed to Last.

Helping ambitious leaders thrive — not just survive.

Shalini is a **Senior Leader at Microsoft** with 20+ years in tech leadership, and founder of **Mind Space** — helping ambitious professionals build sustainable careers through **mindfulness, breathwork, and yoga**.

Her signature **THRIVE Framework™** (Time · Home · Renewal · Intention · Vocation · Enjoyment) equips leaders and women in tech to lead with clarity, prevent burnout, and design lives that nourish.

SIGNATURE KEYNOTES

Learn to THRIVE, Not Survive

Sustainable wellbeing & work-life integration for high-performing leaders.

From Burnout to Breakthrough

Nervous system regulation & resilience for ambitious executives.

The Power of the Pause

Mindful leadership & presence in high-stakes environments.

Discovering Your Ikigai

Purpose-driven leadership for ambitious women.

"Your speech set a healthy and sustainable foundation and mindset for young professionals in a competitive and chaotic job market. I'm deeply moved by your brightness and passion."

— YEZI LIU · Data Scientist, Under Armour · WomenTech Network 2026

RECENT & UPCOMING ENGAGEMENTS

Asian Women Well-being Forum (May 2026) — Wellness Workshop + Panel · Veeam Women ERG (Aug 2026) — Discovering Your Ikigai · WomenTech Network · WIT Network · Microsoft Women ERG

CREDENTIALS

- Senior Leader at Microsoft
- 20+ years in tech leadership
- 200-hr Registered Yoga Teacher
- 300-hr RYT (ETA 2027)
- IIN Certified Integrative Health Coach
- Trauma-Informed Yoga Certified

AWARDS & MEDIA

- Marquis Who's Who — Distinguished Leader
- Women We Admire — Top Leader
- POWER Magazine — Featured Leader
- BOLD Magazine — Featured Story
- Women Ikon Award
- Women of Substance Award

Host of **Let's Talk Wellness with Shal** on YouTube — **1,500+ subscribers, 40+ episodes.**

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