

## **Kiran Khetwani: Personal Profile**

**Name:** Kiran Khetwani

**Profession:** Life Coach, Counselor, Corporate Trainer

**Founder:** CTRL ALT DEL (Counseling & Coaching)

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### **Qualifications:**

- **MA in Clinical Psychology**
- **Certified Therapist in Cognitive Behavioral Therapy (CBT) & Rational Emotive Behavior Therapy (REBT)**
- **Mindfulness Coach**
- **Certified Practitioner in Neuro-Linguistic Programming (NLP)**

**Passion:** Empowering individuals to live fulfilling, balanced, and successful lives through personalized coaching, mental health support, and skill development.

Kiran Khetwani is a seasoned life coach, counselor, and corporate trainer with over a decade of experience in personal development and mental health. As the founder of CTRL ALT DEL, a life coaching and counseling company, she has dedicated her career to helping individuals unlock their true potential and navigate life's challenges with confidence and resilience.

Kiran's educational background includes a Master's in Clinical Psychology, giving her deep insights into human behavior and emotional well-being. She holds certifications in Cognitive Behavioral Therapy (CBT) and Rational Emotive Behavior Therapy (REBT), which equip her with effective therapeutic techniques for addressing negative thought patterns and emotional distress. Additionally, she is a trained Mindfulness Coach and certified in Neuro-Linguistic Programming (NLP), helping her clients achieve greater self-awareness and personal transformation.

Kiran's professional journey started in the corporate world, where she worked with prestigious organizations like Prudential, Tata-AIG, and IIT-B. Her role as a corporate trainer and team builder enabled her to sharpen her interpersonal skills and develop a results-oriented approach to personal growth. Through these experiences, Kiran cultivated her ability to connect with people from all walks of life and guide them toward success, both personally and professionally.

Currently, Kiran serves as a life coach for the Bodhe Institute, where she collaborates with Thakur College to mentor the next generation of entrepreneurs. She provides guidance on not just business decisions, but also the broader life challenges that come with pursuing entrepreneurial ventures. Her coaching helps students and professionals alike find joy and purpose in their careers and personal lives.

Kiran is deeply committed to empowering individuals through workshops and training programs. She regularly conducts sessions on soft skills, mindfulness, leadership

development, time management, and personal development for schools, colleges, and corporates. Her workshops have helped numerous individuals enhance their emotional intelligence, resilience, and confidence.

In addition to her coaching and training work, Kiran is a proud member of the Women's Indian Chamber of Commerce & Industry (WICCI), where she plays an active role in supporting women's empowerment and career advancement. She is also deeply involved with various NGOs, conducting counseling sessions and workshops aimed at uplifting communities and promoting mental health awareness.

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### Mission and Vision

Kiran's greatest contribution to society is her unwavering commitment to empowering individuals of all ages—children, youth, and adults—to lead healthier, more fulfilling lives. Whether through one-on-one counseling or group workshops, she strives to help people build a strong foundation for both personal happiness and professional success.

Her vision for CTRL ALT DEL is to create a space where mental, emotional, and physical well-being are prioritized, and where individuals can find the tools they need to overcome life's challenges. With the establishment of her Healing Center, Kiran aims to expand her mission of holistic growth, offering support that combines coaching, mental health practices, and personal development.