



## Speaker Profile

# Vaishali Joshi

“Every individual can and must learn the power to discern and draw positive energy from within. That is a sustainable place to come from. Organizations have the responsibility to support that journey by understanding how human sustainability can determine how their people weather the imminent winds of change. Help your people pen their powerful story by giving them tools to self manage their potential and create fearlessly.” -Vaishali Joshi

### **Leading with the Human Sustainability Card**

Vaishali can speak to any size audience about nurturing resilient cultures of trust by activating human sustainability everyday. Topics currently being delivered include:

- How Adversity Can Propel Our Mindfulness Journey
- Creating a Psychologically Safe Workplace
- How An Adventure Mindset Breeds Self Awareness And Courage
- Powering Up Leadership Development And Team Performance Through Mindfulness
- How Mindfulness Can Unlock Inclusion And Belonging In The Workplace

# Vaishali Joshi

## Speaker Profile

Vaishali has a flare for inspiring and engaging people in very diverse settings. She leads and facilitates conversations from boardrooms to ballrooms with charisma, humour, and authenticity. And it all comes from having navigated through some seriously life-size challenges before and since she came to Canada alone on a student visa at age 17. Her journey is remarkably multifaceted and relatable to many who aspire to make a noteworthy impact on others as professionals, parents and leaders.

### Empowering From Within

Vaishali focuses on faith versus fear. She is firmly rooted in the idea of empowering from within and leading with self-responsibility. This approach has led to a natural effectiveness as a servant leader and unprecedented levels of curiosity, courage and adventure for all things new and uncharted.

### Business Transformation Leadership

As an university student, Vaishali was rendered “wanted talent” before she graduated – both times – in the midst of two deep recessions in 1993 and 1998. She began her career with two world-class organizations – Westcoast Energy and Deloitte. Even then, she was a disruptor as she challenged norms like why business and technology remained such separate spheres. She challenged that one had to study technology in order to have a technology conversation. In 2002, she became one of the first Canadians to earn the ITIL Masters Accreditation which, at that time, was highly prized and opened the right avenues for her to pioneer breakthrough, customer focussed conversations between technology and business leaders across Canada and the USA in multiple verticals.

Vaishali has built a successful corporate career over three decades as a business transformation leader helping organizations such as Mercer, Manulife and Element Fleet execute on multi-million-dollar global initiatives designed to improve employee and customer experience as a way to grow the bottom line. Here is where she uncovered how teaching others to lead from within can re-shape entire team and organizational cultures.

She can set a room full of diverse talent at ease and mobilizes teams to work autonomously, resiliently and creatively through unforeseen and planned change. This rich line of work has put her in front of cultures all over Asia, Australia, UK and North America.

### Self-Observation and Empowerment

A twenty-year journey of self-discovery about the potential of the human mind and body has led Vaishali into a host of even more inspiring arenas. She is a certified Hatha and Ashtanga Yoga Teacher and has cultivated her mindfulness and self-awareness practice with re-known masters and organizations such as Art of Living, Isha Foundation, Wim Hoff and Eckhart Tolle. This work has propelled her sense of adventure to take on new kinds of challenges as a way of life.

In 2018, Vaishali summited Mount Kilimanjaro and in 2022, she conquered Gokyo peak in the Himalayas. Her story of not making it to the other two planned peaks - Everest Base Camp and Kala Pathar has proven to be amazing fodder for life lessons around planning and responding to change with self leadership and self responsibility.

She has learned and mentored others on how to invoke, embrace and execute change in their lives whenever they choose if they commit to a life-long practice of self-induced change, self-awareness and introspection.

### Contributing to Human Sustainability

In 2023, Vaishali founded the Anvaya Movement - aptly named to support her mission to strengthen, activate and mobilize individual and collective mindsets to forge ahead with trust, courage, resilience and agility. This is her direct response to the current human struggle to remain mentally healthy while delivering value in all aspects of their lives.

Through Anvaya, Vaishali now helps organizations tackle the present challenge of talent retention and development to prepare for oncoming changes brought about by AI, remote working and imminently higher levels of neuro and generational diversity in the workforce. She helps organizations offer to understand and align with the value systems of the multitude of microcultures that they operate with. This direction opens up new pathways to greater trust, talent retention, productivity and innovation - all of which are critical to business success in these times of multifaceted social and technological change. She advocates for the imperative that organizations integrate a stronger focus on human skills development within their overall talent development plans.

In this way, Vaishali contributes to the daunting but necessary movement towards embracing human sustainability as a way of doing business in an ethically-responsible and socially relevant manner.

# Vaishali Joshi

## Speaker Profile



At a school in Kibera slums of Nairobi, Kenya

### Family, Philanthropy & Community

Through the Anvaya Movement, Vaishali acts to get more adults and children practicing mindfulness as a way to becoming dynamic change makers and positive influencers for themselves and the communities around them. She splits her voluntary time between two key demographics that she is committed to – young aspiring corporate professionals and youth aged 12-20. She has been a long-time mentor and volunteer for the Project Management Institute, the Schulich School of Business, the ISHA Foundation, and the Voice of Vedas youth community.

Formerly a trained Indian classical dancer, Vaishali is invited to anchor and moderate prominent community events. She has graced many well-known stages in Toronto such as Dusk Dance, Luminato, IIFA and Nuit Blanche. This part of her life truly celebrates the diversity that only Canada offers to collaborate and co-create with artists and cultures from across the world.

Vaishali lives in Toronto. She is a step-mother to two beautiful girls aged 22 and 26 and mother to a 13 year old son. She is also a caregiver to her aging parents who courageously chose the new immigrant path from her place of birth, Kenya, in the early 90s.



### Vaishali's Credentials

**B.Comm, Finance**, University of Windsor  
**MBA, Strategy & Organizational Behaviour**, Schulich School of Business, York University  
**Project Management Professional Certification**  
**Certified PROSCI Practitioner**  
**MBSR Practitioner**, Centre of Mindfulness Studies  
**Student**, Eckhart School of Presence, ISHA Foundation

### The Anvaya Movement

You can join the Anvaya Movement in all of these places:  
Website: [www.orahuman.com/](http://www.orahuman.com/)  
LinkedIn: [www.linkedin.com/in/vaishalijoshi-anvaya/](http://www.linkedin.com/in/vaishalijoshi-anvaya/)  
YouTube: [youtube.com/@vaishalijoshivideos](http://youtube.com/@vaishalijoshivideos)

### Contact

Phone: +1 (416) 561-4828  
Email: [vaishali@anvayamovement.com](mailto:vaishali@anvayamovement.com)

