



InnerLink Training Seminars Ltd.
"Mining the Gold Within"



Vijay Basdeo is an International lecturer, seminar leader and trainer in personal development, motivation, creativity and sales. She is President and Director of **InnerLink Training Seminars Ltd.**, a company dedicated to the development and advancement of human potential. She has been a trainer and counselor in the field of human development and self transformation since 1985. Her company specializes in designing and delivering empowerment programs to both corporate and private sectors in areas such as stress management, personal style and communication analysis, group leadership and conflict resolution, stress management programs, customer service and sales productivity, and a host of other modules.

In the personal growth arena, she is a Reiki Master, Breath Practitioner. She is a Capnobreath Trainer and Coach, using state-of-the-art instant bio-feedback diagnostic equipment, which can boost the immune system.

As a corporate trainer and facilitator Vijay works exclusively with the internationally recognized assessment tools and measuring instruments developer, CRG International, a Canadian based company. World wide use of these unique training systems is recognized and acknowledged by many leading corporations as being intrinsic to their growth and success. As a licensed associate of CRG, Vijay has the ability and expertise to develop and customize training programs specific to a company's needs and requirements.

Vijay's professional business background includes over 25 years of **simultaneous involvement in two diametrically opposed fields** - that of the personal development and human potential movement, and the logistic and project management field. Project management on both the East and West Coast of Canada, in the Logistics and International Transportation field necessitated extensive international travel, set up of agent networks for project distribution and dismantling. This work entails the logistics of moving entire working sawmills to new locations and the delivery of complete oil rigs overseas. As one of the few women owning and operating her own successful project firm in a traditionally male dominated industry, Vijay has demonstrated and proven that the ceiling of achievement for women in business is determined by a women's own desire to succeed, rather than perceived and existing industry and societal obstacles.

In the presenting of workshops and trainings, Vijay brings her unique understanding of the stresses demanded by critical time constraints within project delivery, and the resulting performance stress and anxiety that is a large factor in the day to day workings within many businesses. She delivers in an engaging and light-hearted manner, with tips, innovative tools, techniques and solutions, and encourages shifts in perceptions that can produce lasting changes for her participants.

The uniqueness of InnerLink's trainings is that participants are exposed to information that synthesizes the **mental and emotional matrix**, a necessary ingredient for true transformation of attitudes and perceptions that can produce solid and measurable results.

Vijay's passion is for the empowerment of not only women, but all individuals to transcend self-imposed limitations and access the full potential of their inner untapped resources, which her company, InnerLink has coined "***Mining The Gold Within***". She has taught in Sweden, Canada and the Caribbean and has recently moved to Quesnel after discovering the awesome beauty and magic of the Interior. She offers her unique and versatile programs to B.C.'s Interior communities, while maintaining her international consulting practice.