

Curriculum Vitae – Sujata Tiwari

Contact Information

Sujata Tiwari

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| Profile: [pickmybrain.world/profiles/sujata-tiwari](https://www.pickmybrain.world/profiles/sujata-tiwari)

Profile

A global mental health advocate and educator with over a decade of experience, I am dedicated to reducing stigma, promoting well-being, and amplifying lived experience voices. As author of *Against All Odds: No Retakes, No Manuals, Real Life Lessons*, I draw on my journey overcoming gender bias, discrimination, and stigma to inspire resilience. My leadership as Mental Wellbeing Chair for the Singapore International Chamber of Commerce (SICC), Vice President of my Rotary Club, and Training Coordinator for BPW North America and Caribbean (NAC) drives impactful education and policy advocacy. Honoured with the Humanitarian & Social Impact Leadership Award 2025 and an Honorary Doctorate (Dr. HC), I bring strategic planning, communication, and cross-cultural collaboration to advance mental health equity.

Professional Experience

CEO, Sujata Against All Odds Pte Ltd, Singapore

2018–Present

- Founded a consultancy focused on mental health and leadership training, delivering workshops and keynote speeches globally.
- Authored *Against All Odds*, empowering readers to overcome adversity, featured in a BPW Taiwan webinar aiding a participant's suicide loss recovery.
- Hosted podcasts and moderated panels, amplifying mental health narratives across Asia, North America, and the Caribbean.

Mental Wellbeing Chair, Singapore International Chamber of Commerce (SICC), Singapore

- Lead workplace mental health initiatives, conducting workshops to reduce stigma and enhance employee well-being.
- Collaborate with corporate leaders to integrate mental health policies
- Deliver keynote speeches on resilience and inclusion, fostering supportive workplace cultures.

Vice President, Rotary Club, Singapore

- Drive community service projects, including mental health awareness campaigns, engaging diverse stakeholders.
- Organize events and workshops to promote well-being, strengthening community resilience.
- Support strategic planning and membership engagement, enhancing club impact.

Training Coordinator, North America and Caribbean (NAC), Business and Professional Women (BPW), St. Kitts

- Design and deliver leadership training webinars for BPW affiliates, focusing on ethical leadership and role clarity.
- Lead regional initiatives to improve executive handovers, enhancing organizational efficiency.
- Foster cross-cultural collaboration across U.S., Canada, and Caribbean affiliates.

Member, Training and Development Committee, BPW St. Kitts

- Develop training programs to empower women leaders, emphasizing mental health and inclusion.
- Facilitated a 2024 BPW Congress workshop on Diversity and Inclusion, attended by 17 participants, highly praised for impact.

Committee Member, Development Training and Employment, BPW International (BPWI)

- Contribute to global training strategies, promoting women's leadership and mental well-being.
- Advocate for inclusive policies, drawing on lived experience to inform BPWI initiatives.

Life Mentor & Mental Health Consultant, Various Organizations, Global

- Provide one-on-one mentoring and group workshops, supporting individuals in navigating mental health challenges.
- Consult for NGOs and corporations on well-being programs, integrating empathy and resilience strategies.
- Delivered keynote speeches at international conferences, with testimonials on LinkedIn.

Education

Certifications, Aventis School of Management, Singapore
2020

- Professional Certification in Criminology and Behavioral Psychology
- Certificate for Mental Wellness Coach
- Anti-Money Laundering and Regulatory Compliance

ICOES-Accredited Certifications

2020

- Criminology & Profiling
- Forensic Science
- Criminal Psychology
- Living with Diabetes
- Diet & Nutrition Management
- Food Intolerance and Allergies
- Building Self-Confidence

Awards & Honors

- Humanitarian & Social Impact Leadership Award, 2025

- Honorary Doctorate (Dr. HC), Outstanding Entrepreneurship and Coaching in Life Transformation, 2024
- Against All Odds Hero Award, for transparency and resilience, 2025
- Rising Constellation Award, for mentorship and community trust 2025
- Publications
- Against All Odds: No Retakes, No Manuals, Real Life Lessons, Author, 2023
 - A memoir addressing gender discrimination, mental health, and resilience, empowering readers globally.
- Book of Whimsical Musings WINK, Co-Author, [Year, please specify]
 - Collection of inspirational writings promoting self-discovery and well-being.

Professional Affiliations

- World Federation for Mental Health (WFMH): Life Member
- Singapore International Chamber of Commerce (SICC): Mental Wellbeing Chair, 2020–Present
- Rotary Club Vice President,
- Business and Professional Women (BPW): NAC Training Coordinator, BPW St. Kitts Training and Development Committee, BPWI Development Training and Employment Committee

Skills

- Mental Health Advocacy & Education
- Strategic Planning & Policy Development
- Public Speaking & Keynote Delivery
- Cross-Cultural Collaboration
- Digital Engagement (Podcasting, Webinars)
- Leadership Training & Mentorship

Languages

- English (Fluent)