

Gayathri Ramprasad, MBA

Speaker, Author & Mental Health Consultant

"Gayathri's consultations and presentations never fail to melt hearts and move minds."

– William H. Wilson, M.D. Professor of Psychiatry, Director of Inpatient Psychiatry, Oregon Health & Sciences University



Discover the Power Within!

Audiences call Gayathri a "One woman hurricane of hope." Her successful battle in overcoming life-threatening mental illness and her amazing recovery taught her that hope is a powerful force in healing chronic illness. Now, she shares that message with others. Her ability to transform trauma into triumph has inspired and empowered thousands of audience members regionally, nationally, and internationally. Individuals and organizations alike applaud Gayathri as a harbinger of hope and an agent of transformational change.

Gayathri is the President of Mind Beautiful, a mental health consultancy dedicated to empowering beautiful minds around the world. She is also the Founder and President of ASHA International, a non-profit organization. ASHA International's mission is to promote global mental health awareness and foster communities of hope and recovery.

Gayathri is the winner of the prestigious 2006 Eli Lilly Welcome Back Award for Lifetime Achievement and the 2006 Voice Award. Gayathri is also the winner of the 2008 Outstanding Alumna Award from her alma mater George Fox University.

"Ms. Ramprasad's moving testimony was an inspiration to her peers. Her words evoked feelings of solidarity and compassion for those suffering from a mental illness in an ethnic group where it is frequently denied or masked. Ms. Ramprasad's presentation was certainly an asset to the seminar."

– Majose Carrasco, Director, NAMI Multicultural Action Center



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see reverse for keynote and program topics



Launch of the Rally For Recovery world tour, India



With Mrs. Rosalynn Carter at the NARSAD Silver Ribbon Campaign for the Brain dinner



Dining with Mariel Hemingway, Voice Awards reception

Information, Inspiration, Transformation

"It is because she is such a powerful and passionate speaker that one is drawn into her story; it is because she is so polished, measured and wise that one is convinced of the need to support the cause of mental health. I encourage you to experience the power of Gayathri's story."

– Judy Watson, Chief Operations Officer, Cascadia Behavioral Healthcare, Inc.

GAYATHRI'S STORY

Gayathri was born and raised in Bangalore, India amidst ancient traditions and a tight-knit, loving family. Her happy childhood, however, gave way to a traumatic adolescence. By the time she was eighteen, she was debilitated by generalized anxiety disorder and panic attacks. At twenty-five, as a wife and mother in America, she struggled to free herself from the death-hold of depression. At twenty-seven, confined in the mind-shattering abyss of the seclusion room in a psychiatric ward, stripped of freedom, dignity, hope & humanity, she promised to emerge a harbinger of hope & healing.

Today, Gayathri is a triumphant survivor, eagerly sharing her stories of hope and recovery with patients, family members, healthcare providers, and organizations. Her custom keynotes and programs are guaranteed to promote mental health awareness and enhance individual and workplace wellness.

GAYATHRI'S POPULAR KEYNOTES & PROGRAMS

- ❖ *A Candle in the Dark: A Journey from Adversity to Advocacy*
- ❖ *Pardon Me, but... You Don't Look Crazy!:* Demystifying Mental Illness – One story at a time
- ❖ *Atma Shakthi:* Discover the Power Within!
- ❖ *Culture Counts:* Proven Strategies to Enhance Cultural Competency in Mental Health
- ❖ *Mental Health Matters:* 3 Steps to Enhance Employee Wellness and Boost the Bottom Line
- ❖ *Defeat Depression:* 8 Keys to Recovery

"Gayathri reminds me of Oprah Winfrey – Great presence, intelligent, smart & witty, someone who has made a difficult journey and come out on top!"

– Kalpana Tanwar, Process Works Center of Portland



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