

# SHVEITTA SETHI SHARMA'S BIO

Shveitta is a sought-after speaker who has been featured on TEDx, RTHK, TED Tuesdays and various corporate venues. She is the founder and Chief Happiness Officer of School of Happiness, a Hong Kong-based think tank dedicated to opening hearts, enlightening minds and enriching lives. She contributes regularly to online publications such as The Buddhist Door, Our Frontcover, selfgrowth.com, ezine.com and various in house magazines.

She is also the Co-Director of speaker preparation and coaching for TEDx Wanchai, and has consulted for clients such as Google Hong Kong, IIT Delhi, IIT Roorkee, IIM Lucknow, LAL Path Labs for team building, performance coaching, overcoming setbacks or general upliftment. She holds a MBA from University of Hong Kong, and an Architectural diploma from New Delhi. Her deep desire to study and share happiness emanated from a series of personal setbacks that propelled her to take a deep dive and understand the true meaning of happiness. She credits her understanding to various spiritual teachers with whom she spent many hours.



## Ideas and Speaker curator

Tedx Wanchai  
Apr 2014 – Present · 6 yrs 4 mos  
hong kong



## Investor Relations & Chief Happiness Officer

CareHQ and School of Happiness  
Jan 2011 – Jun 2015 · 4 yrs 6 mos  
Miami/Fort Lauderdale Area



## Chief Happiness Officer

School Of Happiness  
Jul 2010 – Present · 10 yrs 1 mo  
Hongkong and India  
Founder and CHO



## Inflight services and projects

Cathay Pacific Airways  
Sep 1990 – Jun 2008 · 17 yrs 10 mos  
Hongkong



The feedback from the team was overwhelmingly positive - your session was a huge hit, with some Googlers saying it was the best offsite that they'd ever attended! Both the theory and the group activities resonated well with a predominantly millennial audience. The only complaint was that they wished that they had more time for the session!

### LEONIE VALENTINE

Managing Director Sales & Operations, Google Hong Kong





## Testimonials

*« Over the years, Shveitta Sethi Sharma has displayed a constant, heartwarming and communicative enthusiasm for recognizing and enhancing the causes and conditions for genuine happiness and human flourishing. Her endeavor must be encouraged and supported by those who aspire to work together towards a better world. »*

**– Matthieu Ricard, author of *Happiness, How to Cultivate Life's Most Important Skill.***

*« Shveitta has a natural talent for bringing out an authenticity in leaders and helping others truly find their voice. She imbues a sense of purpose and meaning in every interaction that is rooted in a life practice that has been influenced by some of the most insightful spiritual teachers of our times and yet makes not pretence in how she approaches every personal conversation.*

*I have had the pleasure of working closely with Shveitta on a wide range of projects from TEDx coaching to developing leadership and team dynamics trainings with Google. Whether it is coaching a senior executive to deliver authenticity in their keynote address or addressing a organisation that is seeking to build a healthy culture that places a value on genuine relationship, she cultivates a safe space to begin the hard work of deep transformation. I cannot recommend her work more highly. »*

**– Vincent Ng  
Urban Planner & Former TEDx Curator.**

*« Shveitta Sharma is a breath of fresh air! Her energy and positive vibe is absolutely which is why I am writing this testimonial. She is the first Happiness Coach I met in the year 2008 on my visit to Hongkong. She is a smart woman with a wise and experienced head on her shoulders.*

*She is a coach that you can rely on, trust and get results with, whilst riding on her infectious enthusiasm for days long after the conversation is over. Most of all I see her as someone with a strong sense of self-acceptance which allows her to be accepting of everyone else. She will help you see and create abundance and prosperity out of any given situation, allowing you to increase a positive outlook on your love life, wealth and health. Her energy is SO contagious, you will absolutely love it! I am grateful to know her. »*

**– Munish Chawla  
Co-Founder DTrac & Jeevitam.**

*« We all want to be happy, I am yet to find one who doesn't want! I have always found the concept of happiness very elusive till I attended one of the sessions by Shveitta. In one of our business meetings, Shveitta addressed board members and senior management of the our company. She articulated the concept of happiness in a simple way and made all of us realize that happiness is a choice we all make, and gave us very valuable insights, and habit changes that we need to practice to be happy. I, personally, found the session very useful. »*

**– Om P. Manchanda  
CEO | Dr. Lal PathLabs Ltd.**

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