

Winner
of IIM Bangalore's
Alumni Achiever Award
in 2019-20 for
the impact category
'Social'

Shikha Mittal

Be.artsy Founder & Director
Awareness expert since 2010

**Forbes India
W-Power Trailblazers**
2019 for her pioneering
work in prevention of
sexual harassment

National Consultant
for capacity building
for MSME on the
elimination of violence
and harassment

**POSH External
Member**
at various
organizations

Shikha has launched **three** companies

Be.artsy
AWARENESS
●●● EXPERTS
Awareness Enterprise
(for profit)
2010

Beartsy 
Foundation
●●● SCALING GOODNESS
Section 8 Company
(not for profit)
2020

 **BE
YOUR
OWN
SHAKTI**
Ed-platform
(for profit)
2022

SHIKHA MITTAL

is a skilled trainer for the world of work with 14 years of experience and a contagious passion for making workplaces better.

With a diverse background, Shikha boasts a proven track record in delivering impactful and measurable training programs covering a wide range of critical workplace issues. From cultivating Financial Literacy to advocating Women's Empowerment, Shikha is devoted to fostering inclusive, secure, and flourishing work environments.

Her success lies in designing, developing, and implementing awareness campaigns and training programs addressing workplace sexual harassment prevention, promoting inclusivity in diverse workplaces, and combating violence among others in work settings.



Prevention of Sexual Harassment



Financial Literacy



Gender Sensitisation



Diversity, Equity and Inclusion



Bias Training



Company Core Values



Sales Training



Critical Conversations



Women Empowerment



Emotional Intelligence



Psychological Safety



Mental Health



Leadership Skills



Autism Awareness



LGBTQIA Training

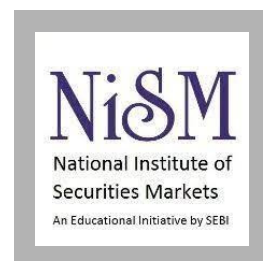


Road Safety

Key Achievements



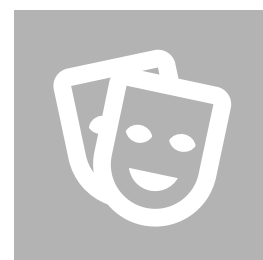
Beartsy's initiative BYOL is now a case study at **Harvard Business School.**



SEBI recognised trainer with **NISM certification.**



Developed India's first financial literacy course for women – **"Be Your Own Lakshmi"**



Integrated **street theatre for 4K+** training and awareness programs since 2010.

Key Achievements

350+

corporates serviced

14+

years of
training experience

23K+

social media
followers

100K+

people reached

2K+

training sessions
conducted

24

Indian states &
UTs covered

990+

hours volunteered
towards youth and
women empowerment

20+

social and workplace
issues addressed



Prevention of Sexual Harassment



Bias Training



Critical Conversation Training

1. Prevention of Sexual Harassment at Pepsico India
2. Bias Training at Tata Trent
3. Critical Conversation Training at Campus Activewear



Diversity, Equity and Inclusion



Psychological Safety



Emotional Intelligence

1. Diversity, Equity and Inclusion at Trident Group
2. Psychological Safety at Owens Corning
3. REACH OUT Seminar on Emotional Intelligence



Financial Literacy



Effective Managerial Skills



Sales Training

1. Financial Literacy for Mahindra Holidays
2. Effective Managerial Skills at Campus Activewear
3. Sales Training at Accor Hotels



Women Empowerment



Autism Awareness



Road Safety Awareness





1. Women Empowerment at Pepsico India
2. Autism Awareness at Tata Power (Shatabdi Bhawan)
3. Road Safety Awareness at Sula Vineyards

Clients

CORPORATES (350+)












			
			
			
			
			
			
			
			
			

UN AGENCIES, GOVERNMENT & EDUCATIONAL ORGANISATIONS

			
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AUTHORIZED ARTICLES, RADIO & TV

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