



Kiran K. Patel

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SUMMARY

40 years combined experience with adult learning, facilitation & training (communication, conflict resolution, leadership), public speaking, coaching, performing and improvisation. Flair for seeing the essence beneath the surface—and calling it forth—to foster growth and transformation in individuals and groups. Dynamic, playful presence. Passionate and collaborative.

EDUCATION

M.A., Social Psychology, Ohio State Univ, 1989

B.S., Psychology (Honors), Wayne State Univ, 1987

FACILITATION, TRAINING, COACHING

GROUP FACILITATION

- **Group Facilitator & Coach:** Nonviolent Communication, 2011 - 2012
- **Support Group Facilitator:** Cuidando Los Niños, 1995 - 1997
- **Facilitator & Trainer** (leadership/team-building): Catholic Youth Organization, 1991 - 1995
- **Discussion Group Facilitator:** Indian Students Association, Wayne State University, 1984 - 1985

TRAINING/TEACHING

- **Speaker/Trainer:** Nonviolent Communication, (U.S., The Bahamas, India), 2003 - current
- **Instructor:** Hatha yoga classes, numerous yoga studios and health clubs, 2003 - 2012
- **Teaching Assistant:** Yoga Teacher Training, Sivananda Ashram Yoga Farm, 2012
- **Instructor:** Yoga Philosophy and Practice, Contra Costa Community College, 2004 - 2006
- **Trainer:** Conflict Resolution and Communication, Catholic Youth Organization, 1991 - 1995
- **Instructor:** Introductory Psychology, The Ohio State University, 1988 - 1989

COACHING

- **Speaker Coach**, 2015 - current
- **Life Coach**, 2015 - current
- **Counselor**, Cuidando Los Niños, 1995 - 1997
- **Crisis Intervention**, Common Ground, 1985 - 1987

BROADCAST & ELECTRONIC MEDIA

TELEVISION

- Guest Speaker: *Victim?*, Toastmasters Time TV, 2015
- Talk Show Guest: *Conflict Resolution*, Bloomfield Community TV, 1995

RADIO

- Guest: "Transforming Victim Consciousness", *Commanding Your Life*, Blog Talk Radio , 2015
- Co-Host: Entertainment Reviews segment, *Bato Hi Bato Mein*, AM 1440, San Francisco, 1998

ONLINE

- *Get Inspired, Speak and Ignite*, Online Course, 2015
- *How to Discover, Design and Deliver Your World Changing Message*, Webinar Master Class, 2015

PERFORMANCE

THEATER/SOLO PERFORMANCE

- Solo Show: *To Shave or Not to Shave*, 2015
- Sita (lead role): Virali Gokaldas' *Janaki*, 2011
- Self Revelatory Theater performance: 2010
- Roles of 6 doctors: Craig Lucas' *Reckless*, 1997

FILM

- Voice: *Woman By Woman*, Concentric Media, 2001
- Dance: *Hi Lo Country*, PolyGram Filmed Entmt, 1998

OTHER STAGE PERFORMANCE

- Speechless show (winner Crowdsourc), 2016-17
- The Moth storytelling contest, 2015
- Stand-up Comedy, Hank Hyena's show, 2001
- Indian folk dances, Dance Festivals, 1977 - 1983

TRAINING RECEIVED

COMMUNICATION/FACILITATION

- **Awaken the Dreamer** (Facilitator Training): Pachamama Alliance, 2009
- **Nonviolent Communication** (1-yr Leadership Program): Bay Area Center for Nonviolent Communication, 2003
- **Prejudice Reduction** (Train the Trainer): National Coalition Building Institute, 1995
- **Dialogue Racism** (Facilitator Training): The Institute for the Healing of Racism, 1995
- **Peace Grows** (Facilitator Training): Alternatives to Violence, 1988
- **Crisis Intervention** (70 hour Training): Common Ground, 1985

PERSONAL DEVELOPMENT

- Re-evaluation Counseling / Co-Counseling
- Science of Mind

PERFORMANCE

- Creating Your Own Work (David Ford), 2015
- Body Tales (Olivia Corson), 2017
- Interplay for Performance (Phil Porter), 2010/17
- Acting/Scene Improvisation classes (numerous)

CERTIFICATIONS

Competent Communicator: Toastmasters International (2016)

Yoga Teacher (2003) & **Yoga Acharya** (2004): International Sivananda Yoga Vedanta Centre

Community-Based Mediation: Dispute Settlement Center (1991)

PUBLIC SPEAKING AWARDS

1st Place: Toastmasters International, District 57 Finals, Table Topics (Impromptu) Speech contest, 2017

1st Place: Toastmasters International, International Speech contest (club and area), 2016

1st Place: Toastmasters International, Speech Evaluation contest (club), 2015

PUBLICATIONS

"Get Inspired, Speak and Ignite!" (Co-author), 2015

"Hope in the Power of the Heart", India West, 2003

LANGUAGES

English, Spanish, Hindi, Gujarati

VIDEO SAMPLES / TESTIMONIALS / REFERENCES

Available at <http://www.shedyourshackles.com> or upon request