



Kiran K. Patel

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Kiran K. Patel, MA, CYT Biography

Kiran K. Patel, MA, CYT, is an award-winning speaker, author, communication consultant, empowerment coach, spiritual teacher and performer. Her playful presence has touched thousands internationally (live, radio and TV) for 40 years.

Kiran's resolve to defy power imbalances nonviolently was demonstrated at the age of twenty-four when she navigated through a sexual assault and death threat leading to her assailant backing off and her walking away.

Kiran is an ambassador of personal resilience and social transformation, weaving together her vast training in Western and Eastern traditions. She earned her M.A. in Social Psychology (1989). She is certified in mediation (1990), advanced yoga teaching (2004) and Metta Center's Nonviolence Studies (2018). She is a graduate of the National Speakers Association Northern California's Speakers Academy (2018).

Having completed a year-long leadership program in Marshall Rosenberg's Nonviolent Communication process (2003), she has taught and coached this process internationally. Drawing upon abundant diversity training, along with personal experience as a woman of color in the United States, Kiran has facilitated workshops to heal racism and reduce prejudice. For nearly a decade, she instructed students in yoga practices and philosophy.

Kiran's writing on nonviolence and yoga has been published in "India West". Along with James Jeffley (two-time finalist of Toastmasters International's International Speech Contest), she is the co-author of "Get Inspired, Speak and Ignite!"