

PUNITA LAKHANI MEDIA KIT

Founder, Modern Meerabai

ABOUT

Punita Lakhani is India's first Divorce Recovery Coach and a psychology-informed practitioner working at the intersection of divorce recovery, mental health, personal resilience, and relationship transitions. Through Modern Meerabai, she supports individuals navigating separation and life transitions by addressing the emotional, psychological, and practical dimensions of change with clarity and steadiness. Her work is known for its grounded, non-judgmental approach — helping people move forward consciously during some of life's most destabilizing moments.

AREAS OF EXPERTISE

Punita contributes to conversations and speaking engagements on:

- Divorce recovery & emotional healing
- Mental health during life transitions
- Women's empowerment & identity rebuilding
- Personal resilience after loss or disruption
- Relationship transitions & conscious decision-making
- Emotional wellbeing in high-functioning professionals

RECOGNITION & REACH

- National Award recipient
- Guinness World Record holder
- Top 250 Super Speaker
- Global MSME Leadership Award recipient
- Featured across national and digital media platforms

PHILOSOPHY

When emotional ground is steady, the future feels less frightening — and more intentional.

MEDIA & SPEAKING

Punita is available for:

- Media interviews & podcasts
- Panel discussions
- Fireside chats & keynotes
- Corporate, educational, and public forums
- Topics include divorce recovery, mental health, women's empowerment, resilience, and relationship transitions.

CONTACT

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