

RINA R. SUKHADIA

Education

University of North Carolina Greensboro

- *BS Human Development Family Studies*
- *Minor Modern Dance*

Qualified Mental Health Professional 2016

My Story.

Holding a formal degree in dance trained my body to keep a sharp pulse on my health.

In 2019, at 40 years old, I was impacted during a hit and run and, within seconds, my 40 years of being so attuned to health as a classically trained dancer served me little.

As a new paraplegic, I learned that this body can be fatal. I keep it alive with my arms, mind and mouth alone. I have researched, educated and studied this mystery, the mechanics of my spinal cord injury. Due to a rare spinal condition from the injury in 2019, I have Syringomyelia and learned the functions, or lack thereof, to stop the paralysis from ascending further, which is the symptoms that indicates the cyst on your spine is growing. There is no cure. The ascending paralysis is thus far irreversible.

My Why.

And I have been the underdog.

I have felt guilt for complaining when I know that there are those who have struggled before me, longer than me, without the independence to reach their own smile.

Their strength built my fire.

What I now know is that on June 30th of 2019, I swapped my licensing as a Financial Representative at Northwestern Mutual for an apprenticeship in love and awakening.

As a witness to social imbalance, it is my assignment to breathe sound into the gray and quiet the sea of others needing a shield.

I am a backbone to those needing a space to inhale color back into their own story.

My Work.

I stand for those hemorrhaging from emotional paralysis.

Society is parched for inspiration. Peace in the wake of this already tilted world is beyond imagine for too many of us. The despair is even more visceral when unsevered from this stitched, stapled, misfit body.

I remain intentional.

I remain centered and objective to the experiences of others.

My coaching sessions provide clients with wings to open awareness and untangle the threads which pattern the mind. We will try until a horizon is within reach.

Otherwise, my business is unfinished.

My Approach.

My one-on-one coaching sessions and group workshops are rooted in Human Development Studies, coupled with my footings in mental health. My process fosters trust. I work to cultivate an authentic connection with each client, using self guided freedom techniques and an experiential approach to accelerate and crystalize productivity.

I seek to move audiences to action. Even still.

Your Help.

www.rinasdreams.com

The impact of this wreckage averages \$76,000 in medical supplies, equipment and treatment alone yearly. Monetary gifts provide me with the means to help pay for the hands that help me sit, eat, bathe, dress, urinate. Your help feeds me. It offsets the cost to continue to use my wheels as a microphone.

Donations unmute momentum.

Charity

<https://www.gofundme>

<https://www.gofundme.com/f/rinas-spinal-cord-injury-recovery>

Book coaching clients

promotions/referrals

336.338.8417 (text inquiries)

Stillinmyprym@gmail.com

Email me for bookings, speaker fees, availability, other inquiries.

Rates

\$100/hour (virtual or phone session)

\$200/hour (face-to-face session)

Media

<https://youtube.com/@rinasyoutube?feature=shared>

Instagram: @rinasukhadia

"In a gentle way, you can shake the world "

- M. MOHANDAS GANDHI

