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Rubina Chadha | Media Press Kit

CEO | Creative Leader | Mindfulness Educator | Breathwork & Trauma-Informed Coach

Website: www.theinnerdesign.com

Email: rubina.chadha@artofliving.org

About Rubina Chadha

Rubina Chadha is an award-winning creative leader and mindfulness educator, named Top CEO and Creative Leader in Personal Development by IAOTP (2025). She is the founder of The Inner Design, a platform that blends breathwork, trauma-informed mindfulness, and creativity to help individuals and organizations unlock their highest potential.

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To read the full feature and explore all press links:

https://www.einnews.com/pr_news/807336713/rubina-chadha-selected-as-top-ceo-and-creative-leader-in-personal-development-by-iaotp

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- Mindfulness in Leadership
- Creative Expression as Healing
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- Generational Trauma & Radical Self-Compassion
- Education Reform through Inner Practices
- Women in Spiritual Entrepreneurship

Assets Available

- High-resolution headshots (available upon request)
- Full press release PDF
- The Inner Design logo (vector format)
- Bio (short + extended)

Booking & Inquiries

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Email: rubina@theinnerdesign.comEmail: rubina@theinnerdesign.com

Website: www.theinnerdesign.comWebsite: www.theinnerdesign.com

@theofficialrubina@theofficialrubina