

Media Press Kit

Your resource for
mindful leadership
and creative
transformation

Welcome to the Inner Design™ Press Center

Whether you're a journalist, podcast host, event planner, or collaboration partner, you'll find everything you need here to feature Rubina Chadha and Inner Design™.

This press kit includes:

- Complete media kit & biography
- Recent press releases
- High-resolution photos
- Inner Design™ logo files
- Speaker materials & topics
- Media contact information

Recent Press

Inside Success TV Most Impactful Woman Award February 22, 2026

Nominated and Received the Most Impactful Woman of the Year
2026 Award at Inside Success TV's debut Gala and Award Show

• [See More Online](#)

Recent Press Releases

Women in Power TV Feature September 10, 2025

Rubina Chadha joins Women in Power on Inside Success TV to share her vision for purpose-driven leadership, exploring how mindfulness and breathwork create lasting transformation.

- [Read Release Online](#)
- [Download PDF](#)
- [Watch Episode](#)

Recent Press Releases

IAOTP Empowered Woman Award March 25, 2026

Recognized by the International Association of Top Professionals, with selection for a 2026 Leadership Award and nomination for the Empowered Woman Award.

- [Read Release Online](#)

Recent Press Releases

IAOTP Top CEO & Creative Leader Award April 28, 2025

Rubina Chadha recognized as Top CEO and Creative Leader in Personal Development by the International Association of Top Professionals.

- [Read Release Online](#)
- [Download PDF](#)
- [View on AP News](#)

About Rubina

Rubina Chadha is a visionary voice in mindful leadership and founder of Inner Design™, a mindfulness-based education platform helping creatives, educators, and leaders reconnect with their natural rhythm through breath, creativity, and conscious awareness. As an award-winning designer and trauma-informed educator with over 15 years of experience, Rubina merges art, breathwork, and psychology to guide people from burnout to breakthrough.

Recent Recognition

- Most Impactful Woman of the Year, Inside Success TV
- Featured Expert, Women in Power TV (2025)
- IAOTP Top CEO & Creative Leader (2025)
- CIO Today Mindful Leadership Icon (2024)
- APA National Award Winner (2025)
- Clio Award Winner (Digital Composite Design)



Bio Document Goal:

Rubina Chadha is a leadership strategist, mindfulness educator, and trauma informed professional who teaches executives and high performing teams how to regulate their nervous systems before they lead. She is the founder of Inner Design™, a performance methodology that integrates breathwork, neuroscience, and creative cognition to strengthen decision making, sharpen messaging, and build sustainable authority.

Rubina is the winner of Most Impactful Woman of the Year for her episode in the global docuseries Women In Power on Inside Success TV, recognized for her measurable impact in transforming burnout into strategic clarity for leaders across industries.

With over a decade of experience spanning education, creative industries, and executive development, Rubina equips audiences with practical regulation tools that increase cognitive flexibility, emotional precision, and presence under pressure. Her work reframes leadership as internal infrastructure. When the nervous system is regulated, communication becomes coherent, decisions convert with greater precision, and culture stabilizes from the inside out.

An award winning AI artist and CREA award winning Executive Contributor at Brainz Magazine, Rubina bridges contemplative wisdom with modern performance science. Her talks are direct, experiential, and immediately applicable, leaving leaders with tools they can use the same day.

Rubina speaks on presence based leadership, emotional regulation as competitive advantage, creativity as a strategic asset, and designing success from the inside out.

Credentials and Expertise

Education

- BFA, Photography & Digital Imaging — ArtCenter College of Design
- Certification in Supervision & Administration — UCLA Extension

Certifications

- Certified SKY Breath Meditation Teacher — Art of Living Foundation
- Certified Hatha Yoga Instructor — Sri Sri School of Yoga
- CTE Credentialed Arts, Media & Entertainment Educator — State of California

Awards

- Most Impactful Woman of the Year, Inside Success TV 2026
- Mindful Leadership Icon of the Year, 2025
- Top CEO & Creative Leader in Personal Development, IAOTP 2025
- CIO Today Mindful Leadership Icon 2025
- APA National Award 2025 — AI-Generated Artwork
- Clio Award — Digital Composite Design, 2001
- CREA Award Winning Writer — Brainz Magazine

Media Highlights

Television

- Women in Power TV (2025) — Featured Expert & Episode Host
- Legacy Makers TV - Inside Success Network (Upcoming 2026)

Podcasts

- Harder Than Life — Stress Relief Secrets
- Prosperity Podcast — Mindfulness & Creativity
- Broadcast Your Authority — Human Design & Mindful Living
- How Yoga Changed My Life — Your Body Remembers
- Fishing Without Bait — Creating Mindful Awareness
- My SGV Podcast — Breathwork Meets Creativity

Publication and Press

- Brainz Magazine — Contributor & Thought Leader
- Featured in 200+ media outlets including AP News, Benzinga, Google News, Yahoo
- Huntington Library & Museum — Educator Advisory Panel Member



Signature Programs & Keynote Topics

Presence Over Performance™

Conscious leadership strategies for modern teams and organizations

Heart-Breath Reset™

Evidence-based breathwork techniques for stress relief, emotional regulation, and peak performance

The Creative Reset™

Rewiring burnout into breakthrough through mindful creativity and nervous system regulation.

Mindfulness Through Creativity

Reconnecting to purpose and authentic expression through art-based practices

Interview Topics

Rubina is available for interviews, podcasts, and media commentary on:

The Burnout Epidemic: Why high-achievers and creatives are hitting walls—and how to break the cycle

Breathwork Science: How simple breathing techniques regulate the nervous system and improve decision-making

Mindful Leadership: Leading with presence instead of pressure in the modern workplace

Creative Recovery: Using art and creativity as tools for healing and transformation
Trauma-Informed Education: Bringing mindfulness practices into schools and organizations

Purpose-Driven Success: Redefining achievement beyond performance metrics

Photos & Media Assets

High-resolution images available for editorial use

Professional Headshot

[Color Headshot \(4MB\)](#)

[Black & White Headshot \(3.5MB\)](#)

[Lifestyle Portrait \(4.2MB\)](#)

Action & Speaking Photos

[Speaking Photo \(5MB\)](#)

[Workshop Photo \(4.8MB\)](#)

[Teaching Photo \(5.2MB\)](#)

Download Options

[Individual photos](#)

[Complete photo package \(ZIP\)](#)

Photo Credit

Please credit as
“Photo courtesy
of Rubina
Chadha / Inner
Design™”



Logos & Brand Assets

Official Inner Design™ logos available for use in promotional materials

Available Formats

Full Color PNG
(Transparent)

White PNG (Transparent)

Black PNG (Transparent)

Vector SVG

Brand Guidelines

Please maintain logo integrity. Do not alter colors, proportions, or add effects

Minimum Size

Digital: 150px width

Print: 1 inch

Download

[Download All Logos \(ZIP\) →](#)

For Event Planners & Podcast Hosts

Book Rubina for speaking engagements, workshops, and keynotes

Available Materials

[Speaker One-Sheet \(PDF\)](#)

Topic descriptions

Testimonials

Booking information

Speaking Formats

Keynote presentations (30-90 minutes)

Half-day workshops

Full-day seminars

Corporate training programs

Virtual and in-person events

Collaboration Packages

Package A: Professional keynote speaking + social media posts

Package B: Half-day seminar + professional keynote

Package C: Full-day seminar + keynote + blog feature

Quick Facts & Goal:

Name: Rubina Chadha

Title: Founder & CEO, Inner Design™

Location: Los Angeles, California

Expertise: Mindfulness, Breathwork, Creative Leadership, Trauma-Informed Education

Mission: Design yourself from the inside out

Approach: We believe that creative expression across art and design can be enhanced through breathwork, mindfulness and movement.

Social Media:

Instagram: [@theofficialrubina](https://www.instagram.com/theofficialrubina)

Website: [\[theinnerdesign.com\]\(http://theinnerdesign.com\)](http://theinnerdesign.com)

AS SEEN ON



And More...



The Inner Design™ Impact

Reduction in Stress

Studies show that mindfulness meditation can reduce cortisol levels (a primary stress hormone) by up to 30%, leading to enhanced performance in high-pressure environments.

Increased Productivity

Research conducted at Harvard Business Review indicated that employees who practiced mindfulness experienced a 46% improvement in task management and completion.

Boosted Innovation

A study by the Institute for Mindful Leadership revealed that after an 8-day mindfulness course, 73% of participants reported feeling more creative and able to approach challenges from new perspectives.

What People Are Saying?

“True success is measured by the positive impact you have on others’ lives and their growth.”

— *Rubina Chadha*

“Understanding the connection between my work, my anxiety and my breath helped me get over my creative block. It totally changed my life.”

— *Designer, Art Center Alum*

“One of the most amazing life coach I’ve worked with. Rubina is truly a gift and she remained supportive along the whole journey.”

— *Brigitte Schwartz*

“It was an amazing experience working with Rubina. I cannot recommend her services enough. She is an amazing person and a powerful source of support. Looking forward to having her on our future events.”

— *Isabel Mercado*

Media Contact

For Press Inquiries & Interviews

Email:

innerdesignassistant@gmail.com

Web: theinnerdesign.com

Mobile: 213.321.2273

Available For:

- * Podcast interviews
- * Television appearances
- * Print/online articles
- * Panel discussions
- * Expert commentary
- * Virtual summits

Response Time:

We typically respond to media inquiries within 24 hours on business days.

Additional Resources

Main Website: [theinnerdesign.com] (<http://theinnerdesign.com>)

Programs & Services: [theinnerdesign.com/programs](<http://theinnerdesign.com/programs>)

Speaking & Workshops: [theinnerdesign.com/speaking](<http://theinnerdesign.com/speaking>)

Blog & Insights: [theinnerdesign.com/blog](<http://theinnerdesign.com/blog>)

Press Center: [theinnerdesign.com/press](<http://theinnerdesign.com/press>)

Social Media: Instagram: @theofficialrubina

Thank you...

For more information or custom requests, please contact:

Rubina Chadha

rubina@theinnerdesign.com

Mobile: 213-321-2273

[theinnerdesign.com](<http://theinnerdesign.com>)

Instagram: @theofficialrubina