



Sahaj Kaur Kohli

speaker • therapist • author

about Sahaj

Sahaj Kaur Kohli is an international speaker on the intersections of bicultural identity and mental health. She has developed and facilitated original curricula for corporate, higher education, and nonprofit environments. Sahaj's workshops are interactive, engaging, and can be offered between 60-90 minutes.

previous clients

internal speaking

- Google (many times)
- Amazon
- Sanofi
- Athena Health
- JP Morgan Chase
- M&T Bank
- Momentive
- Olly
- LinkedIn
- Splunk
- Block
- SONY
- Unicef
- PTC Therapeutics
- Merck
- Peloton
- Clorox
- Electronic Arts
- Salesforce

external speaking

- The College of William and Mary Diversity Symposium 2020
- Virginia Commonwealth University Career Development Conference Keynote speaker 2021
- University of Phoenix Education Webinar series 2023
- McDonalds
- TED
- White house
- Asian Mental Health Collective conference

contact information

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Mental health, identity, and culture in the workplace or classroom

- Learn about bicultural identity development, racial development, and/or intersectionality
- Explore unique challenges with mental health in immigrant, Asian diaspora, and/or BIPOC communities
- Explore how different cultures impact our productivity and success narratives
- Reflect on specific family, community, and cultural beliefs and narratives that impact how this population shows up and interacts at work or school

Unpacking the model minority myth

- Discuss the history of the model minority myth and why it's important to talk about this
- Explore the impact of the model minority myth – who is harmed by it, who benefits from it, and how it reinforces narratives we may have been taught
- Learn tangible tools for addressing the model minority myth – personally and in the workplace

Therapy 101

- Learn how your intersectional identity and different cultural values impacts your mental health care narratives
- Identify barriers to seeking care and support seeking behaviors in the community
- Explore cultural methods of care beyond therapy to incorporate into your own self-care routine
- Learn tangible tips to find a therapist, do therapy, and talk about therapy at work and with your family

Self-care for community advocates and activists

- Explore how different cultural values and beliefs impact our self-care narratives
- Identify burnout and productivity narratives that may be harming you
- Learn about the stress cycle and consider cultural and ancestral techniques that can strengthen our self-care behaviors

Boundaries 101

- Gain an understanding of the different types of boundaries
- Identify and reflect on how culture and family have impacted your relationship with boundary setting
- Learn skills and tools for practicing boundary setting

And more!

Sahaj offers many more workshops on various themes and concepts, including shame, guilt, mental health support seeking behaviors, imposter syndrome, intergenerational trauma, and racial trauma. Sahaj has also worked with companies to offer ongoing curricula inclusive of workshops, guided reflections, and small-group discussions for ongoing learning. Please reach out to learn more about tailoring a workshop or keynote or to set up a call to bring me to your event!

What topics do you cover?

All workshops and presentations are originally created and tailored to the company, audience, and the setting. Topics I have covered (individually or combined) are:

- bicultural identity development
- mental health in BIPOC and immigrant communities, as well as barriers and support seeking behaviors
- all things finding, and doing, therapy
- self-care from a cultural perspective
- how culture impacts productivity, career, and workplace relationships/issues
- deconstructing shame from a cultural perspective
- all things boundaries

In these workshops, I also incorporate an anonymous polling app for bigger groups to encourage participation and to bypass the hesitation of speaking openly in the workplace about certain things.

All workshops are rooted in both research and anecdotal experiences and are a combination of original curriculum I've created for the Brown Girl Therapy community.

Do you only facilitate workshops?

No, I have done presentations, fireside chats, keynotes for conferences, guest lecturing in classrooms (graduate, undergraduate, and high school), and have sat on panels.

Do you only facilitate workshops and trainings for children of immigrants?

No! I have been brought in by DE&I managers and ERG leaders who are focused on increasing minority mental health within the company to speak to larger BIPOC communities and employees, as well as people managers, HR representatives, clinicians, and staff and faculty at higher education institutions seeking to be more culturally informed with colleagues and employees.

What are your rates?

Rates vary depending on the size, length, and type of engagement. Please contact me for more information.