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In a male dominated industry, Vijay Basdeo is a force to be reckoned with

Vijay Basdeo is President and Director of Innerlink Training Seminars Ltd, a company dedicated to the development and advancement of human potential. An International lecturer, seminar leader and trainer in personal development, motivation, creativity and sales, she has been a trainer and counselor in the field of human development and self transformation since 1985. Vijay specializes in designing and delivering empowerment programs to both corporate and private sectors in areas such as stress management, personal style and communication analysis, group leadership and conflict resolution, stress management programs, customer service and sales productivity

Ms. Basdeo admits that her professional background consists of over 25 years of simultaneous involvement in the fields of personal development and in logistics and project management, fields that are diametrically opposed. In a male dominated industry she has proven to be a force to be reckoned with.

Born in Trinidad, Vijay was exposed to many cultures and languages early in life. She lived and worked in Toronto, Montreal, Halifax, and Vancouver and has travelled extensively in her business pursuits. She believes in life-long learning and although she has a Bachelor of Arts degree from York University and



Vijay Basdeo International Lecturer, Seminar Leader and Personal Development Trainer

additional undergraduate courses from the University of Toronto, she "expects to be studying and learning at 90".

Ms. Basdeo is a passionate life skills coach and that passion spills over into all other aspects of her life. "It's very important that as we rise in our chosen professions, we do not become limited and narrow in our focus. It is crucial that we keep developing ourselves and cultivate an expanded vision of who we are as individuals, and in relationship to others, to our own culture, and to the world. That simply means always being open

to self-analysis and change - expand my point of view to include different perspectives." When she is asked how she arrived at where she is today, her response is, "it was an evolution if many steps taken along the way with goals set and new ones created as I grew in my skills and expertise."

Vijay loves to mentor. One of her natural talents is being able to draw out the potential in someone. When looking for potential employees the most important quality is attitude.

"You may have a great attitude but limited skills. I can help you grow those skills. If you have great skills and a poor attitude the task is much more difficult." She believes that within human beings is a vast potential waiting for our explorations. "Our singular action can make a difference and today the world needs the best of us not the least."

With her life constantly in motion, Vijay still finds time for reading, photography, touring and fishing. Getting back to nature and time with family is important. She loves Christmas, Tofino, Whyte Cliff Park and New Zealand. She sincerely tries to "Mine the Gold Within." Between business forays, Vijay now resides in Quesnel.