



RAMITA ANAND

Educator · Mentor · Speaker

Helping schools and families empower girls to thrive with confidence, curiosity, and courage.



SPEAKER OVERVIEW

Ramita Anand is an experienced educator, mentor, and international speaker dedicated to redefining how we nurture girls' confidence and wellbeing in schools during their most formative years.

Ramita delivers inspiring, research-informed talks that equip educators and parents with practical tools to support young people's emotional and academic growth during their tween years.

Her sessions blend evidence based insight, practical and engaging strategies coupled with a heartfelt approach giving audiences clear, actionable approaches they can implement immediately.

With over 20 years of classroom and leadership experience, including work as a teacher and SENCO, Ramita brings both empathy and expertise to her speaking. She bridges the gap between theory and practice, helping schools and families create environments where girls feel seen, supported, and empowered to reach their full potential.

With over two decades of experience as a teacher, SENCO, mother, and mentor, Ramita Anand is passionate about helping schools and families raise confident, resilient, and balanced young people.

Through a uniquely designed mentoring programme, she offers educators and parents practical frameworks to foster emotional intelligence, self-belief, resilience, wellbeing and kindness empowering girls to thrive both in and beyond the classroom.

Born and raised in Vancouver, Ramita has taught in diverse international schools and worked extensively in learning support. Her child-led, empathy-driven approach reflects a deep understanding of the social, emotional, and academic pressures students face today.

Alongside her school based work, she leads a series of webinars and presentations for parents, offering real world tools for navigating modern family life with insight, empathy, and connection.

As a mother of two, Ramita brings both professional expertise and personal understanding to her work. Her own story, shaped by early loss and resilience, continues to inspire her purpose: helping every girl discover her strengths and believe in her own power to thrive.

ABOUT RAMITA



SIGNATURE SPEAKING TOPICS

Ramita's sessions are engaging, evidence-informed, and filled with actionable strategies for educators, school leaders, and parents.

Each talk blends practical tools with empathy, encouraging communities to help young people thrive academically, socially, and emotionally.



Spoken at:





FOR EDUCATORS & SCHOOL LEADERS

Building Confidence in Girls

Preventative strategies to support girls emotional wellbeing by developing self-worth and resilience in schools.

Turning Learning Differences into Superpowers

How to help students reframe challenges as strengths and celebrate neurodiversity.

Empowering Girls in Education

Shifting from performance pressure to purpose driven learning.

Inspiring Girls to Learn

Creating curiosity, motivation, and confidence in the classroom.

Raising Resilient Learners

Practical approaches for modelling and teaching emotional regulation.

Rethinking Success: Managing Exam Pressure, Tutoring and Burnout

Exploring the rising culture of overachievement and how to restore balance in schools.

Supporting the Mental Health & Wellbeing of Children and Teens – At Home and at School

How educators and families can work together to nurture emotional wellbeing and resilience.

HIGHGATE

CHRISTOPHER'S
HAMPSTEAD



**WYCOMBE
ABBEY**
SENIORS



SURBITON
HIGH SCHOOL

FOR PARENTS & FAMILY AUDIENCES



Supporting Neurodiverse Children

– Navigating Sibling Relationships and Family Dynamics

Exploring how neurodiversity shapes sibling relationships and family life, with practical advice on how to embody empathy, balance, and connection.

Being a “Good Enough” Parent – Letting Go of Perfection and Choosing Presence

A reminder that children don’t need perfect parents, they need present ones.

Learn to embrace imperfection and nurture meaningful connections, maintaining open dialogue.

Test Anxiety and School Pressure

– How Parents Can Support Young People at Home

Tools to help children manage stress, build perspective, and stay resilient through academic challenges.

Parenting in the Digital Age

– Using Technology Positively to Support Young People

Building healthy digital habits and using technology as a force for connection and learning.

How We Can Help Our Kids Love Reading Again

Reviving curiosity and joy through reading both at home and at school.

FOR PARENTS & FAMILY AUDIENCES

Making the Middle Years More Manageable

Strategies for helping tweens handle academic, social, and emotional pressures with confidence.

How We Can Help Our Tweens Build Resilience

Practical ways to nurture coping skills, optimism, and emotional strength.

Navigating Times of Change with Tweens

Supporting children through transitions, puberty, and evolving friendships with empathy and structure.

Healthy Friendships and Conflict Resolution

Helping tweens identify positive relationships, set boundaries, and resolve conflicts constructively.

WHAT AUDIENCES GAIN

Ramita's sessions leave educators, parents, and leaders with:

- ✓ *A deeper understanding of the challenges and opportunities facing young people today.*
- ✓ *Practical, research-informed strategies for fostering resilience and confidence.*
- ✓ *Renewed inspiration to build compassionate, inclusive learning environments.*
- ✓ *Actionable frameworks to help every child thrive both academically and emotionally.*

Her speaking style is warm, engaging, and deeply relatable, blending professional insight with personal connection to create lasting impact.

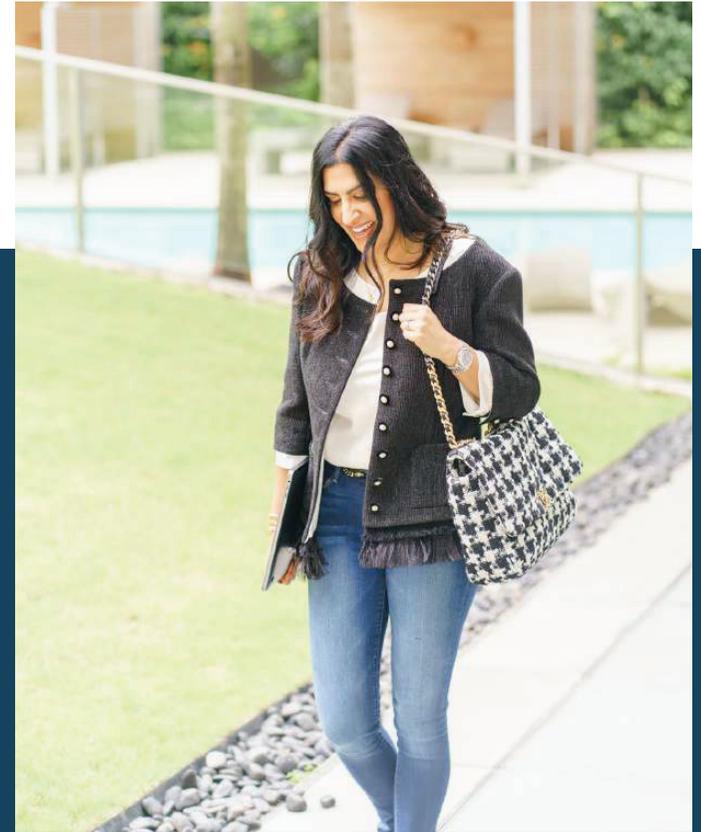
BEYOND THE STAGE

Ramita is dedicated to making every event a success. She works closely with organisers beforehand to understand the theme, audience, and outcomes, tailoring her content to fit the conference focus.

She recently organised and hosted the first Elevate Festival. Designed for tween girls and their parents, The Elevate Festival combined hands-on experiences and expert-led conversations to build confidence, resilience, and individuality in a fun, immersive and informative way.

She is also the host of The Elevate Podcast, where she interviews educators, thought leaders, and innovators on how we can collectively raise confident, emotionally intelligent young people.

After each event, Ramita remains available for Q&A, follow-up discussions, or resource sharing to help audiences embed her insights in practice.



@M.-lcard ★★★★★

Compassionate and Smart Insight!
Ramita is a warm, brilliant host who brings out the best in her guests to deliver advice and insight we all can use. Must listen!

@yoana ★★★★★

10/10! Really lovely podcast with really insightful and interesting conversations. Each episode is distinctive and all are very well organised and nicely presented!



BOOKING INFORMATION

Book Ramita for your next education
conference, keynote, or school leadership event

www.elevate-ra.com/contact
ramita.anand@elevate-ra.com

TESTIMONIALS



“We were excited to welcome back Ramita Anand this week for thoughtful and empowering start-of-year workshops on navigating friendships.

Through engaging discussions and reflective activities, Year 5 explored what it means to be kind, respectful and emotionally intelligent friends. Ramita’s message of “Be Kind” resonated deeply, reminding us all that kindness, compromise and clear communication are the foundations of strong, healthy friendships.”

Ms Amy Ullman
Head of Upper School
St Christopher’s Prep School

“Ramita is amazing. We were so impressed with her thought-provoking and interactive workshops.

She is inspiring and an absolute joy to work with, adapting her activities to our school and the needs of our cohort. We look forward to working together again in the future and we highly recommend her.”

Claire Murdoch
Head of Maple Walk Primary School

“Ramita was very professional and knowledgeable; she is clearly passionate about this subject area.

The ElevateRA scheme of work has helped our students develop a deeper understanding of their own mental wellbeing.”

Emily Jenner
Deputy Head Teacher
Lyonsdown School

“Thought that Ramita was excellent with children and parents. Came across as knowledgeable and professional in the parent webinar, and exciting, relatable and engaging with the children.

The children were definitely fond of her, and you could see her passion for this topic.”

Deputy Head
Pastoral Westboro School, Canada



TESTIMONIALS



“Thank you, Ramita, the content was highly relevant to our Year 7 pupils. It was delivered in a way which really clicked with them and inspired lots of talking points.”

Head of Lower School
Surbiton High

“Ramita is a truly genuine individual who has children’s safety, welfare and development at the heart of everything she does.”

Parent

“What you do goes above and beyond just the teens. You are also healing us as a family.”

Parent

“As parents, we also benefited greatly from Ramita's guidance. She is a fantastic listener and gave us practical relevant advice that was clearly rooted in her own experience as a parent.

Her insights felt authentic, tried, tested and we always felt understood and supported throughout the process.”

Parent

“Honestly there are not enough words to say how much help you have provided for our daughter. The tools you have given her are invaluable.”

Parent

