



Princess R Lakshman

Author/ Screenwriter/ Clarity Coach/ Writing Therapist/ Founder & Facilitator of Muslimah Mind Matters & Healing Words Therapy (Writing for Wellbeing)

Princess Lakshman (Sister Iqra) is an engaging and interactive facilitator. She designs and facilitates Writing for Wellbeing programs for individuals and organisations. Her purpose in life is to help people find clarity in life and live authentically, live their true purpose.

Princess also founded Muslimah Mind Matters, a global platform for Muslim women across the world to cultivate a daily practice of self-care, clarity of mind and holistic wellbeing. She designs and facilitates workshops, events and retreats for Muslimahs worldwide. More info available on www.muslimahmindmatters.com

Her rich life experiences and her craft of writing have equipped her with empathy and skills that are vital for facilitating these workshops.

She speaks five languages and works extensively with culturally and linguistically diverse communities in Australia and overseas. She is an author, screenwriter, freelance writer, proofreader, workshop facilitator, Clarity Coach, Bi-Cultural worker and a qualified Trainer and Assessor, Journalist and a Remedial Massage Therapist.

By the grace of ALMIGHTY ALLAH she has survived a traumatic childhood, a violent marriage, depression and a brain tumour. She dedicates her life now to Healing Words Therapy and Muslimah Mind Matters.

Princess's debut novel, 'The Girl Child', was launched in 2007 in India, Australia and New Zealand. Princess was nominated for Best Screenwriter in the HotMedia Film Festival in Washington D.C, USA, for her original screenplay for a short film entitled 'Butterfly Wings'.

Her goal in life is to advocate for the freedom of those who are oppressed in the prison of their own mind. She teaches how to use writing to heal and empower and find clarity in order to live authentically.

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