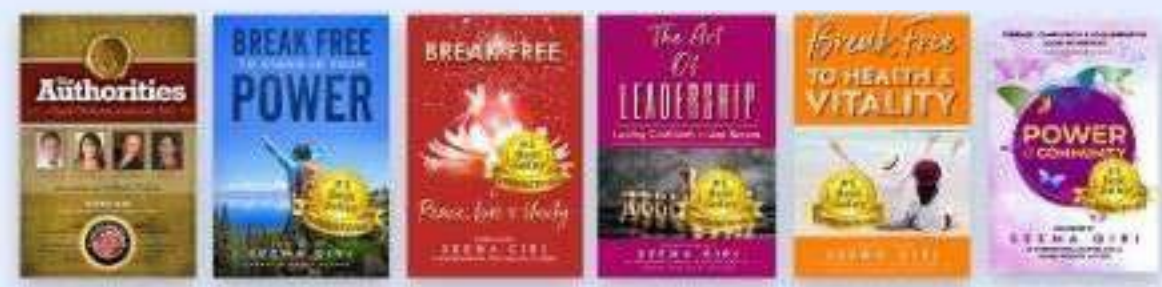


SEEMA GIRI, PMP

Founder of Uplyft Media

Books Published



"Reading these magical stories and imbibing the many life lessons shared in them will cause your spirits to soar to greater heights and help you achieve your full potential."

Dr. Sanjiv Chopra

Professor of Medicine Harvard Medical School



About Seema Giri

Seema Giri, PMP, is a visionary leader, best-selling author, and dynamic speaker who leads with purpose and passion. With over 25 years of experience, she has empowered more than 100,000 women, professionals, and organizations worldwide. Seema guides others to transform adversity into strength, amplify their voices, and create lasting impact. Through her books, summits, and mentorship, she inspires a legacy of empowerment, resilience, and bold leadership.

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Seema Giri consistently delivers tremendous value with her extensive expertise. I've hosted her on my podcast and seen her speak at several events, and she always captivates audiences with practical, implementable ideas. Just as important, Seema is a dependable, dedicated partner who prioritizes the success of every event. I'm confident we'll have her back on our stages again soon.

Caterina Rando

Founder of Thriving Women in Business

Seema Giri is a humorous, engaging and empowering speaker and workshop leader. Her story and transformational wellness system support the audience to take their next step in creating the life they want

Cynthia Stott

International Speaker Coach and Global Visibility Influencer

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Seema's Most Requested Talks:

Project Management With Heart

Lead with empathy. Deliver with excellence.
Seema shows how project management becomes a force for connection and results when rooted in empathy and clarity.

The Power of Publishing

Your story is your legacy.
Seema empowers audiences to move from idea to published work and create a ripple effect of change.

The Inner Project: Leading Yourself Before Leading Others

Master your mindset. Lead with purpose.
This session combines self-leadership and wellness, guiding audiences to build self-awareness, manage mindset, and cultivate habits that support resilience, balance, and authentic leadership.

AS SEEN ON

