***Lalita’s Bio***

Lalita is a 20yr veteran Social Worker, Author, and Certified Professional Life Coach from Gary, Indiana. Over the past 25yrs Lalita has served in various roles between direct care work with various vulnerable populations as well as management. She successfully completed 10yrs total in the military and is a proud Army veteran.

As a social worker, Lalita has worked with a demographic of child protective services, LGBTQ+, homelessness, alcohol/substance use, domestic violence, and more. She chose to become a Certified Professional Life Coach and speaker in order to serve more people at all levels in life. Lalita has always had a passion for working hands-on with people in need, as well as bridging the gap between people of varied racial, cultural, and socio-economic backgrounds.

Lalita’s journey with IAMYOU360 come into fruition in 2018 while participating in a training at work. Over time Lalita joined the movement as a volunteer, donor, eventually a board meeting. It’s been an amazing journey planting seeds with the IAMYOU360 team and youth.