

Carole Dominique Trilokekar Champions Global Mental Wellness, Indigenous Empowerment and Inclusive Education

Executive therapist and entrepreneur Carole Trilokekar integrates therapy, sustainability, and tech to drive social impact.



Vancouver, British Columbia Jul 1, 2025 ([IssueWire.com](http://www.IssueWire.com)) - Carole Dominique Trilokekar is

redefining what it means to lead with empathy, impact, and innovation. A globally based executive therapist, education strategist, and social impact entrepreneur, she has spent over 16 years helping high-functioning leaders—especially Canadian diplomats, expatriates, and executive women—navigate emotional exhaustion, cultural displacement, and personal reinvention.

Through her private practice and as the host of *The Strong Pretender* podcast, Carole creates safe, emotionally intelligent spaces for those who often feel unseen behind their professional success. The podcast dives deep into themes of leadership, identity, and vulnerability, particularly for those labeled as “the strong one.”

But Carole’s work doesn’t stop at emotional wellness. She is the founder of **LearnTravelPlay Global Initiatives**, a nonprofit that partners with over 45 Indigenous communities worldwide. From heritage villages in Fiji to women-led supply chains in Latin America, her organization focuses on flipping traditional aid models by centering Indigenous knowledge, leadership, and innovation.

To scale this mission, she launched **Aryadara Inc.**, an ethical beauty and trade brand that sources ingredients directly from Indigenous communities and reinvests profits back into their development. Aryadara is more than a product line—it’s a movement toward equitable, sustainable supply chains.

Carole is also developing **CognitAI**, an education technology platform designed to support neurodiverse learners and reduce cognitive overload in digital classrooms. The platform is a natural extension of her belief that systems—emotional, educational, and economic—should adapt to people, not the other way around.

In 2025, Carole was licensed to organize **TEDxTsawwassenWomen**, a platform designed to spotlight bold voices that challenge traditional leadership norms. Her upcoming talk this October will further amplify her mission to make leadership, wellness, and equity inseparable.

“My goal is to re-engineer systems—emotional, economic, and educational—so they dignify the people within them,” says Carole.

Whether it’s through therapy, entrepreneurship, or global advocacy, Carole Dominique Trilokekar continues to break new ground. Her work stands as a testament to what’s possible when impact is driven by compassion, inclusion, and purpose.

About Carole Dominique Trilokekar:

Founder of ExecutiveTherapyCoach.com, host of *The Strong Pretender* podcast, and visionary behind LearnTravelPlay and Aryadara Inc., Carole supports leaders and communities through integrated mental wellness and sustainable development. Her initiatives span therapy, ethical trade, and education innovation.



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Source : Executive Therapy Coach

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