

Claudia: A Journey of Transformation, Wellness and Human Connection Across Cultures

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By Haroon Rashid Qureshi

During DTAC 2026 in Qatar, I conducted an exclusive and in-depth interview with Claudia, a Mexican-born wellness advocate,

entrepreneur, author, and Toastmaster. With more than a decade of experience living in the Middle East, Claudia shared her remarkable journey from a corporate aviation career to becoming a strong voice in personal development, emotional wellbeing, and human transformation.

The interview was made even more special through the introduction of Claudia by Nazia, who recently joined Himalayan Leaders Club and is widely respected in Doha for her strong academic background from Aligarh Muslim University. She is known for her fluency in English and Urdu, her role as a master of ceremonies, and her professional work as a producer with the Urdu Service of Qatar Radio. Haroon acknowledged her contribution in bringing together inspiring voices at DTAC 2026. Haroon began the conversation in a warm and welcoming tone.

Haroon: Claudia, please introduce yourself.

Claudia: I am originally from Mexico, and I have been living in the Middle East for over 10 years now. My journey began in Dubai, then continued in Doha, where I built both my professional and personal life. My academic background is in business and finance, and I initially entered the aviation industry, which brought me to this region. Working in aviation opened many doors for me, especially in recruitment and corporate environments. I worked with leading airlines such as Emirates and Qatar Airways. It was a dynamic and fast-paced experience that exposed me to people from different cultures, lifestyles, and expectations.

However, over time, I began noticing something deeper. There were gaps in emotional wellbeing, stress management, and mental health awareness, particularly in high-pressure industries like aviation. That realization became a turning point in my life. I slowly transitioned from corporate work into wellness and personal development, and eventually built my own platform where I now help people improve their lives, mindset, and emotional balance.

Haroon: What inspired you to join Toastmasters?

Claudia: I am deeply passionate about personal growth and becoming the best version of yourself. Toastmasters attracted me because it provides a safe, structured, and supportive environment to build confidence and communication skills.

For me, communication is not just speaking — it is connection. It is the ability to express your thoughts in a way that people can truly understand and feel. Toastmasters gave me that space to improve,

learn, and grow alongside people who are equally committed to self-improvement.

I also love the diversity within Toastmasters. Every meeting brings different stories, cultures, and experiences. It is a place where learning never stops.

Haroon: How long have you been part of Toastmasters?

Claudia: I have been part of Toastmasters for about one year.

Interestingly, I was not aware of it before a close friend introduced me. From the very first meeting, I felt a strong connection to the environment and decided to continue immediately.

Since then, I have completed several speech projects and continue to grow through each experience.

Haroon: Tell us about your Icebreaker speech experience.

Claudia: My Icebreaker was very personal and emotional. While most people introduce themselves by sharing basic information like name, background, and hobbies, I chose to go much deeper.

I spoke about my childhood, my fears, my dreams, and the internal struggles that shaped me. I felt it was important to be authentic rather than superficial. I wanted people to see not only what I do, but who I am as a person.

The response was overwhelming. Many members told me they felt connected to my story. Some even shared their own personal experiences after hearing my speech. It created a very emotional and human connection within the club.

Haroon: What role did your evaluator play in your journey?

Claudia: My evaluator, Mr. Gopal from the Himalayan Toastmasters Club, played a very important role in my development. He was not only my first evaluator but later also became a mentor for some of my speeches.

His feedback was always constructive and encouraging. He helped me understand how to structure my message better while maintaining authenticity. I am truly grateful for his guidance.

Haroon: Tell us about your books and your message to the world.

Claudia: I have written two books. My first book is titled A Journey to a Life You Truly Love. It is a guide on how to design a meaningful and fulfilling life. The book focuses on emotional strength, resilience, mental clarity, and personal empowerment.

My second book is a children's book, which I wrote during my pregnancy with my first son. It is very close to my heart because I

strongly believe that the next generation has the power to change the world. It is important to instill values, emotional intelligence, and positive thinking from an early age.

Both books reflect my belief that transformation begins within.

Haroon: How do you define wisdom?

Claudia: For me, wisdom is the collection of life experiences and human interactions. It is not only about academic knowledge but about everything you learn through people, cultures, challenges, and emotions.

I have been fortunate to travel and meet people from different parts of the world. Each person has taught me something valuable. All of these experiences together form what I call wisdom.

Haroon: What do you see as the biggest difference in today's generation?

Claudia: I think the biggest difference is the presence of technology, artificial intelligence, and social media. Children today are growing up in a completely different environment compared to previous generations.

While I had a very warm and family-oriented childhood, today's children are growing up in a digital world where human interaction is sometimes replaced by screens.

This will definitely change the way they communicate, think, and build relationships. It is both exciting and challenging at the same time.

Haroon: Do you think AI may reduce human capabilities?

Claudia: AI is a powerful tool and, like the internet, it is transforming the world. It offers incredible access to knowledge and efficiency. However, I do worry about over-dependence. If we rely too much on technology for answers, we may lose critical thinking and research abilities. Human curiosity and effort are essential for true learning. The key is balance. We must teach children not only how to use AI but also how to think independently.

Haroon: What if the internet disappeared tomorrow?

Claudia: That would be a huge shift. It would force humanity to reconnect with traditional learning methods like reading, writing, and face-to-face communication.

While it would be challenging, it could also bring back creativity, patience, and deeper thinking. Sometimes limitations help us rediscover our strengths.

Haroon: Tell us about family culture in Mexico.

Claudia: Family in Mexico is extremely important. It is the foundation of our society. We grow up with strong emotional bonds with parents, grandparents, and extended family.

One important aspect is that Mexico does not have a strong culture of old age homes. Elderly parents are cared for by their children. It is seen as a responsibility but also as an act of love and respect.

In our culture, family is not only biological. Deep friendships also become family over time. Emotional connection defines family more than anything else.

Haroon: How do you define family?

Claudia: I define family as your soul group — people you are deeply connected to. It is not only about blood relations but about emotional bonds that cannot be replaced.

Family gives you strength, purpose, and motivation in life.

Haroon: Any regrets in life?

Claudia: I do not have regrets. I have made mistakes, but every experience has shaped who I am today. Even difficult moments contributed to my growth.

If I had to say anything, I would say I wish I had taken better care of my health earlier. But even that journey taught me valuable lessons about discipline, awareness, and self-love.

Haroon: Final message to readers?

Claudia: If anything I shared resonates with someone, I encourage them to reach out and connect. We grow better together as a community.

Life is about learning, evolving, and sharing experiences. Every person has a unique story, and every story has value.

Do not be afraid of transformation. Embrace it, because it leads you to your true self.

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