

A BIT ABOUT ME

Since 2006, as an Executive Coach & Corporate Training Consultant, I support clients in self-discovery and growth in all dimensions of business and life. Key areas of focus are self-awareness, performance enhancement, executive presence and leadership skills. I work with clients across levels – C Suite to high potential professionals – individually and in groups in Hong Kong and across Asia Pacific.

MY VALUES

Authenticity, excellence and compassion are the foundations for my client-centred work philosophy. Being totally present, deeply listening to my clients and offering fresh perspectives as needed gives them a safe platform to grow and develop the skills to progress and succeed.

EXAMPLE CLIENTS...

- iQor
- Essar
- WNS
- WAGGGS
- · Fidelity Investments Limited



POSITION

FACILITATOR

I have lived on three continents and seven countries for my education and then for work.

I keep my love for science and engineering alive by constantly developing tech tools to make coaching easy to access.

I am a long-time practitioner of yoga and meditation. Since 2017, my partner and I partly live on a farm and grow our own food, ably supported by our three rescues, all Indian pariahs!

CORE SKILLS

- Coaching
- Facilitation
- Transitions (Inter-Generational, M&A, Pivots, Massive Scale Ups)
- Change & Transformation
- Organic Leadership Development
- Conflict Management
- Building Power Teams
- Massive Goal Achievement

QUALIFICATIONS & CERTIFICATIONS

- ICF PCC (Professional Certified Coach)
- Counselor, Kinesiology (3-in-1 Concepts, California)
- Vinyasa Yoga Teacher (RYT500 Yoga Aliiance)

LANGUAGES

English Hindi