

Change Catalyst & Executive Career Coach

Supporting individuals at career and life crossroads to release limiting beliefs and step into their next chapter with clarity and courage

About Me

Life often brings us to crossroads — those raw, uncertain moments where the old no longer fits, and the new hasn't yet appeared. I've walked those paths myself, and they've shaped the way I coach.

I am a coach, author, dancer, and traveler. As the author of *Achan's Flamingo*, I've discovered how journeys — both inner and outer — can transform us. Dance has taught me expression beyond words, travel has inspired courage and curiosity, and writing has deepened reflection. These experiences flow into what I call my **gutsy way of coaching** — a bold, compassionate, and transformational approach that helps people step fully into who they are becoming.

My Coaching Approach – The Gutsy Way

- Offer challenge and support in equal measure
- Spark transformation, not just change
- Blend ICF Core Competencies with NLP, Transactional Analysis, and somatic awareness
- Move beyond surface goals to uncover what truly matters

Who I Work With

- Professionals navigating career transitions and reinventions
- Leaders building presence, resilience, and influence
- Individuals at midlife crossroads seeking renewal
- Anyone ready to reimagine what's possible in work and life

Beyond Coaching

- Author of *Achan's Flamingo*, a travelogue of discovery and reflection
- Traveler and storyteller at *Gutsy Musafir*
- Dancer, embracing rhythm and movement as pathways to presence
- Founder of NiMiTHAM, a youth empowerment and life skills initiative

Credentials & Certifications

- ICF Member (ACC in progress, PCC Bridge Program)
- Certified Transformative NLP Coach & NLP Practitioner
- Transactional Analysis – TA101
- Chartered Accountant (ICAI)