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## **SMITA KATTISHETTAR**

ICF - International Coaching Federation - ACC life coach

NLP practitioner's certificate course from Association of NLP (India) & European council of NLP

TA – 101 from Navgati associated with ITAA – The International Transactional Analysis Association

Emotional Intelligence for Teams Certification

Relationship Coaching Certification

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I am a life coach deeply committed to helping millennials create meaningful, lasting change. Since 2021, I have worked with clients across the country, partnering with them through their personal and professional growth with clarity and confidence. With over 12 years of experience in HR and counselling, I bring a grounded understanding of human behavior, decision-making, and life transitions.

My approach is rooted in the belief that self-awareness is the key to transformation. I work with individuals navigating challenges such as work-life imbalance, burnout, self-doubt, and the pressure to excel in multiple areas of life. Whether it's career development, time management, improving communication, or strengthening relationships, I support my clients in aligning their goals with the life they truly want to lead. I also work closely with clients moving through major life transitions—like parenthood or evolving relationship dynamics—helping them build emotional intelligence, manage stress, and increase their sense of self.

What sets me apart is a unique blend of cultural insight, social exposure, and diverse expertise. My coaching offers not just practical tools, but a holistic partnership that empowers clients to understand their present and confidently shape their future.

### **Testimonials**

*"Smita has helped me cultivate a more balanced and positive mindset. I'm mindful of how my thoughts influence emotions actions, which led to better emotional regulation decision-making. This shift not only improved personal well-being but also positively impacted relationships overall life satisfaction."* - **Bhaves, Gurgaon**

*"Working with Smita was my first ever coaching experience. I met with her during a critical transition point in my life. I was feeling anxious and didn't think I had the tools to navigate the changes in the best way possible. Through thought-work and practice, she gently nurtured me in my journey of personal growth. Smita is thoughtful and listens intentionally. She is perceptive and guided me by asking questions whereby I could arrive at solutions myself."* - **Educator, California**