



INDU ANANTH

Associate Certified Coach (ACC) from International Coaching Federation (ICF)

NLP Practitioner's Certification Course from Association of NLP (India) & European Council of NLP

TA 101 from Navgati associated with ITAA
(International Transactional Analysis Association)

Emotional Intelligence from Agile Neuro Academy

I have been coaching since 2021 with a focus on millennials and also have 16 years of experience in the fields of IT and Entrepreneurship.

My work centers around helping clients unlock untapped potential, overcome limiting beliefs, and move forward with clarity and confidence. I believe that meaningful growth happens when we align our values, aspirations, and actions — and my role is to create a safe, reflective space for this exploration.

I primarily work with clients on areas such as career development, work-life balance, personal growth, relationships, and parenthood. Whether it's finding direction in a professional crossroad, building healthier boundaries, or rediscovering a sense of purpose, I partner with people to help them embrace change and thrive in both their personal and professional lives.

TESTIMONIALS

"Indu has been a steady presence and a trusted sounding board throughout the past year of my professional journey. Working with her has helped me think more critically, build a strong foundation around my strengths, and embrace aspects of myself that may not align with conventional norms, and yet, serve as a source of growth and authenticity in my work ethos. Our sessions provided a gentle yet powerful nudge toward self-acceptance, allowing me to grow comfortably into what once felt like merely potential strengths. Through this process, I found my voice and learned to speak my truth with confidence.

Indu has been a pillar in my leadership journey—unafraid to challenge me when necessary, yet always creating space for my assertions and doubts to coexist. She patiently engaged with the many threads of my thoughts, skilfully directing me to bring clarity to the chaos. I'm deeply grateful for her guidance and the profound impact she has had on my growth."

- Bhuvana, Bangalore.

"Indu really helped me think through some of the challenges I was going through. She was able to provide a third party perspective that was objective and sometimes we miss out that view. Coaching is something that can be a game changer that can reset your attitude and biases. Sometimes we can get caught in our worldview and biases, and sometimes you need a nudge to get out of the box"

-CTO, Bangalore