



ICF ACC COACH | M.SC. PSYCHOLOGY

# Rekha M

*Meaningful change begins from within.*

**Pause. Reflect. Take Action. Grow.**

Coaching for professionals, parents & teens

ICF CERTIFIED  
**ACC**  
COACH

## Hello, I'm Rekha

I've **led teams in corporate leadership**, studied the mind through **psychology**, and walked my own **journey of transformation**. Today I blend that with coaching and **mind-body practices** to help you recognise old patterns, choose consciously and thrive in your life, your career, and your family with awareness and choice.

## How I can support you

### Conscious Leadership

Lead others by first leading yourself. **Re-parent** your inner patterns and beliefs, reframe how you show up, and lead your team, career and relationships — aligning who you are with what you do.

### Teen Empowerment

Confident, focused, future-ready teens. 1:1 sessions and long-term programs that build emotional strength, sharper learning & memory, a clear vision and purpose — and a strong, focused mind that thrives away from screens.

### Conscious Parenting

Strengthen connection with your child and navigate everyday parenting challenges with awareness — through **re-parenting**, starting with yourself.

### Reflection Apps & Group Webinars

Reflection apps and **monthly** group webinars:

- **Emotion Compass** — for parent + child duos
- **Conscious Parenting** — for parents of tweens & teens
- **Discover Your Purpose & Vision** — for professionals

## What you'll experience

- A confidential, non-judgmental, safe space to reflect
- Powerful questions that unlock your inner voice
- Break autopilot mode, rewire your mindset, gain clarity
- Clear, aligned action steps toward your goals
- Sustainable growth — from the inside out
- Moving steadily towards the best version of yourself

WHO I WORK WITH

Professionals & leaders

Parents

Teens

## Sessions & programs

### 1:1 Transformation Coaching

60 min · online

1:1

### Teen Empowerment 1:1

60 min · online

1:1

### 6-Session Coaching Program

over 3 months · tailored to your needs & goals

PROGRAM

### Teen Empowerment Program

6 months

PROGRAM

Programs include a **complimentary discovery session** and WhatsApp/email support. Sessions in English or Kannada.



### THEIR JOURNEY, IN THEIR WORDS

"I'm starting to **prioritise myself** more instead of automatically putting others first."

Made a **career shift** after coaching with Rekha.

"...an **eye opener**. It provided things from a teen's perspective — which I never thought about."

"For me, it felt like a **hand around a candle wick**. The flame was fluttering, however due to the palm it's stable."

## Ready to pause, reflect and grow?

Tailored to your needs & goals.

BOOK A SESSION

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LANGUAGES

English · Kannada