

Bhakti Talati

Work Life Balance Coach



Coach's Profile

Certified coach - self-motivated and accountable, committed to client wellbeing and goals. Practicing since 2021, worked closely with Gen Z and Millennials, guiding them through their career journey with services spanning, Work Life Balance Coaching, Soft-Skills Development, Career Coaching, Resume Building and LinkedIn Optimization. Recognized and appreciated by clients for being patient, empathetic and insightful. Have close to 100% record of meeting deadlines and 95% client satisfaction rate. Skilled at effective time management, streamlining processes and developing practical action steps. Avoid spoon feeding and encourage clients to participate in the growth journey to make meaningful changes. Continuously learn and read about mental health care to be able to help people.

Key Achievements

Certified from ICF affiliated institute. Close to 200 hours of experience coaching professionals through workplace issues and soft-skill development.

- Provide individual coaching for **sub-clinical cases such as work stress, procrastination, work-life balance** etc. in person, by phone, or video platforms.
- Help professionals in **assessing strengths and weaknesses**, bringing awareness on imposter syndrome, navigating toxic work environment and setting appropriate boundaries.
- Support clients – working adults and business owners in creation and implantation of action plans, **develop and integrate new habits in their routine**.
- Skilled in coaching clients through **challenges of time management, workplace relationships, assertive communication**, healthy boundaries and promotion related issues.
- Create **need based tools and assessments in addition to intake and session documentation** to keep track of client progress.
- Launched a Self-Coaching product called Empowerment Cards, later repackaged as [Tiny Reminders](#) - a deck of 42 cards with a unique message on each one, designed for personal and professional use.

Education & Certifications

Education

- MBA – Specialization in Marketing
- Bachelor of Management Studies (BMS) -Specialization in Marketing

Certifications & Awards

- Metaphor Therapy I 2025
- Introduction to Psychology I 2024
- Positive Intelligence by Shirzad Chamine – Coaching tool for mental fitness I 2022
- Success Coaching Conversion Program I Symbiosis Coaching – USA I Certified Coaching Alliance I 2021

Work experience

Corporate Experience

- Multiple Digital Marketing Agencies I 2013- 2020
- Gained first-hand experience and understanding about challenges faced by employees in navigating fast-paced daily schedules.
- Hired and built teams from scratch
- Developed and honed personal leadership skills – applying varied strategies with different team members
- Trusted to find solutions, lead teams and deliver quality results.

Industry Experience

Fashion & Beauty
Lifestyle and Apparel
BFSI
FMCG and E Commerce
Real Estate
Sports and Entertainment
Home Decor
Food and Beverage
Travel and Hospitality
Automobile

Functional Experience

Digital Marketing
Brand Strategy

Coaching Experience

Areas of Coaching Expertise

- Time Management
- Stress Management and Burnout
- Boundaries Management
- Goal Setting and Clarity
- Life Coaching

Levels Coached and Mentored

- Managers
- Transitioning Leaders
- Freelancers
- Entrepreneurs

Coaching Experience

- Support clients in personal or career goal setting
- Empathetic Listening
- Providing clarity and motivation
- Collaborative approach towards goal achievements
- Building Accountability
- Support with visual resources

Languages Spoken

- English
- Hindi