

My Coaching Endeavour

Today, 21st June 2023, International Day Of Yoga, CoachSutras has formally been launched. Being a credentialed Coach, I look forward to use my industry experience, knowledge and learnings in various fields of mental and physical fitness. I am excited to partner with my clients and build success stories for them as they progress in their endeavours and become better versions of themselves.

The process of coaching empowers you to take steps towards your personal and professional growth, leading to a positive change within yourself. The right coach can help you advance in your journey for self-awareness. The coaching process is collaborative. There is a sense of trust, honesty and vulnerability developed between the coach and the client which creates the environment to facilitate self-reflection and explore possibilities. The duty of the coach is to ask the clients the right questions, which help with this process. Essentially, the coach partners with the client to find answers from within oneself.

Coaching enhances your well-being, work-life balance, and accelerates your progress toward achieving meaningful goals, which is basically what managing yourself looks like. It helps you become the pilot of your own life, and be accountable to yourself. The coach acts like a guide in this process.

I have coached a little over 100 individuals spanning over 600 hours. While adhering to the Code of Ethics, explaining this to the client in detail and setting the expectations has always been my priority, all other formal engagements have taught me something new. Contracting, interacting with sponsors, sharing or 'not sharing' all these aspects have increased my learning.

I would also like to call out the enormous contribution and significant impact the entire coaching community has had on me. Starting from the ICF - The Gold Standard of Coaching various chapters, especially Bengaluru, Chennai and Pune have provided continuous opportunities of learning. I have been part of several cohorts and events. With a great sense of pride, I can say that the close knit community of coaches forms one of the best units together. In fact, the bonhomie I have observed amongst the coaches across the world while they collaborate in various initiatives is very encouraging.

Working with professionals having varied experience levels, across industries and functions has been enriching. I could resonate with many of the issues. Absorbing various stories, limiting beliefs, co-creating solutions and finally observing the clients take pride in successfully achieving their goals has been gratifying.

Since I started my journey as a coach, I have had opportunities to coach some undergraduate and post graduate students. One of the realisations I had was that the opportunity and exposure to coaching should be presented early in one's life. Some of the students I had the opportunity to work with were extremely open and candid. They were vulnerable and once the trust was established, they were very receptive. One important point I made a note of mentally, was that they did not come with any inhibitions. They were open to talk about their fears, dilemmas, indecisiveness, pressure of finding the right jobs and then settling down in the corporate world.

Clearly, coaching is not only for just successful leaders or senior leaders with high potential, but also for the aspiring future leaders.



Coaching is for everyone and anyone who is willing to work on oneself, be it students or experienced professionals.

My coaching experience and journey has given me this wonderful opportunity to bring awareness and clarity, not only to myself, but also to enable and empower others to bring clarity in their lives/journey. When receiving feedback about how coaching sessions have helped them, it has definitely made me aware that this is a valuable contribution I have made in their lives. It has been a journey of learning and helping clients gain clarity for their issues/challenges/problems at hand.

As I embark upon this journey of being a Professional Coach, i commit myself to adhere to the highest standards of Coaching Ethics, maintain client confidentiality and be sincere to this profession.