



“ Coaching is a transformational process for both the coachee and the coach. The path of transformation and learning is never-ending and coaching accelerates your journey on this path ”

## Anu Wakhlu



**2,500 hours of Coaching Experience**  
**30 years of Overall Experience as a Consultant**



### COACHING STYLE

- Connects with the participants to enable them to open and lead to the path of reflection and change.
- Keeping focus on the client's needs first and foremost.
- Willingness to grow herself as an individual, during the process of coaching.



### COACHING CREDENTIALS

- ICF MCC Certification
- Results Coaching
- Marshall Goldsmith
- FastTrack Coaching, USA
- Coach for Transformation



### Level of Leaders Coached

Top Management  
CXO and VP level



### Key Sectors

- Power
- Bio – Sciences
- Mining
- Automotive
- IT
- Fertilizers



My Strengths

Focus

Resilience

Client Centredness

Mindfulness



## AWARDS & RECOGNITION

Exceptional Woman of Excellence Award presented by World Economic Forum and ALL Ladies League on 8th March 2018 at The Hague.

Grassroots Woman of the Decade Award from ALL Ladies league of ASSOCHAM on 2014.

## EDUCATIONAL QUALIFICATIONS

- MSc Gold Medallist
- Diploma in **Strategic Management**



## OTHER CERTIFICATIONS

- Certified in Barrett's Values & Cultural Transformation Tools (CTT – 1, 2)
- Certified **Facilitator**
- Practitioner for MBTI, Hogan's, NLP and Strengthscope
- Certified **Independent Director** (Hunt Partners).



## KEY CLIENTS

 Tata BP Solar  
  Sudarshan  
  Siemens  
  Deepak Fertilizers  
  CapGemini  
  Forbes Marshall

## MORE ABOUT : ANU

Author of the book **Time and Life Management**, **Co-founder and Chairperson of Pragati Leadership**, **Executive Director of Pragati Foundation**, **Ashoka Fellow** and working on projects related to Women's Health, Capacity Building of NGOs and Creating partnerships between Corporates and NGOs. Best known for 'making things happen' through her patience and perseverance. – that is Anu for you. Anu is the National President (India) for Soroptimist International, an organization dedicated to the growth and empowerment of Women worldwide. Anu loves sketching and painting and when not training and coaching, she loves being close to nature, gardening, reading and spending time with her pet dog Zorba.

Anu started coaching because she found that classroom facilitation was often too generic to bring about significant individual change. In her experience, people respond better when you are working with their challenges and aspirations and this is what the coaching process provides.