



“

Sow the seeds, fertilize the soil and wait for the fruits to ripen.

”

Pragnya Wakhlu

A travel enthusiast and a person who is always eager to learn, is how one would describe **Pragnya**. She has the ability to look at the positive in every situation and is a propagator of living life to the fullest.

She is one of the few independent woman musicians & guitarists in the Indian music circuit and believes in using music for positive change. She released her solo album “Journey to the Sun” globally in 2012.

An avid sports lover, she is a national level hockey player, karate gold medalist and an aqua aerobics instructor.

Giving back to society has always been something close to Pragnya’s heart. You will often find her rallying up people in a human chain to save the hills, organizing funds for disaster victims or volunteering her time at an NGO.

Pragnya started coaching because she loved working with people to help them live their best lives – a life filled with joy and purpose. She loves coaching because empowering others and seeing them grow makes her happy.

What makes Pragnya stand out as a coach is her ability to help her coachees discover the best version of themselves and empower them to have confidence in their own problem-solving abilities.



10 hours of Coaching Experience
13 years of Overall Work Experience



COACHING CREDENTIALS

- Certified Executive Coach by Fast Track Academy USA



EDUCATIONAL QUALIFICATIONS

- Bachelor of Engineering (I.T.) from Pune University
- Management in Entrepreneurship from IIM Bangalore



OTHER CERTIFICATIONS

- Certified Strengthscope TM Trainer
- Certified Interplay Trainer
- Tibetan Sound Bowl Certification



Level of Leaders Coached

Senior Management
Entrepreneurs



Key Sectors

- Consulting
- IT



Awards and Recognition

- Internal Rising Star
- Women of Change Award



My Strengths

Powerful introspective questioning and creativity