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Coaching is a glimpse into the possibility of infinite potential of individuals.

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Anitha Balaraj



4 years, 550+ hours of Coaching Experience
14 years of Corporate Experience



COACHING STYLE

- Edgy, Curious and Deep Accountability



COACHING CREDENTIALS

- ICF PCC Credentialed Coach Certification
- CPC (Leadership That Works)



Level of Leaders Coached

CXOs
Start-up Owners
Junior to Top Management
New and experienced managers

For **Anitha**, constant self-development is foremost to her ethos as a coach. She's passionate about helping individuals realize their true potential.

Individualized executive coaching support to leaders for their development and growth, especially as they transition into top management roles and face new challenges.

Customised coaching workshops to suit the preferred leadership styles and profile of the participants

Expertise

- Individualized executive coaching support to leaders for their development and growth, especially as they transition into top management roles and face new challenges.
- Customized coaching workshops to suit the preferred leadership styles and profile of the participants.



Key Sectors

- | | |
|--------------------------------|----------------------------|
| ▪ Technology and ITES | ▪ Education |
| ▪ Pharma | ▪ Financial Services |
| ▪ Healthcare | ▪ Medical |
| ▪ Engineering and construction | ▪ FMCG |
| ▪ Retail | ▪ Manufacturing |
| | ▪ Diversified Conglomerate |

What makes Anitha stand out as a coach is her inclination towards results-centric coaching and limitless passion for coaching! Helping people move forward on their professional & personal goals fulfils Anitha's career anchor of contribution. Her overall well read nature and being in tune with the times helps her connect with people across ages, geographies and levels.



My Strengths



AWARDS & RECOGNITION

Gold Medalist in XLRI - PM, IR & OB

Right Partner Award in Standard Chartered Bank for HR Business Partnering
HR Champ award and part of Group HR Excellence Awards

EDUCATIONAL QUALIFICATIONS

- PGD – PMIR from XLRI Jamshedpur (Equivalent to MBA-HR) [2004-2006]
- Gold Medallist in the areas of Organizational Behaviour, Industrial Relations & Personnel Management
- Bachelor of Engg. – Electronics & Communication from Madras University [2000-2004]

OTHER CERTIFICATIONS

- Hogan Certified Practitioner
- Train the Facilitator from Dale Carnegie
- Thomas certified practitioner in PPA-HJA, GIA-TST tools
- Advanced Consulting Skills and HR Business Partnering
- Playback Theatre Advanced Certification
- Mercer International Position Evaluation Certification
- Competency based interviewing certification
- Conscious Business Coaching Certification from BetterUp



MORE ABOUT : ANITHA

Anitha is an avid reader, ardent foodie, keen traveller – travelling far and wide, exploring different cultures and interacting with people from all over the world. She enjoys meeting up with her very eclectic set of friends who introduce her to different movies, art forms and the like. Her current set of interests is in Yoga, Philosophy, meditation and writing blog posts and short form poetry. Ask her for a sample of her writing.