



Deepa Mahesh

Leadership Facilitator | Leadership Coach (MCC) | Self-Mastery Expert

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Profile Summary

Deepa Mahesh is a seasoned Leadership Facilitator, Coach, and Self-Mastery Expert who designs and facilitates conscious leadership journeys, enabling ambitious leaders to achieve success with balance. She blends her expertise in psychology with extensive corporate HR experience to deliver leadership solutions with depth, practicality, and transformative impact.

A former expressive arts therapist and now a leadership coach, Deepa leverages her profound understanding of human behaviour and emotions to create impactful group processes and one-on-one coaching interventions. Her work empowers clients to achieve their business outcomes through an inside-out transformation, fostering both personal and professional growth.

Deepa has facilitated workshops in areas such as:

- Leadership Development across career stages
- Personal Mastery, including emotions and beliefs mastery
- Large Group facilitation Visioning for individuals and teams
- Team and Trust Building Interventions

During the pandemic, Deepa showcased her innovative approach by designing and delivering a unique well-being workshop series, inspired by ancient Indian wisdom, addressing the holistic needs of leaders and teams in challenging times.

As a Leadership Coach, Deepa focuses on guiding her clients toward discovering their greatness, enabling them to approach their leadership responsibilities with confidence, ease, and purpose. Her interventions specialize in Self-Mastery-based Leadership Development for individuals, teams, and organizations, empowering them to lead authentically and resiliently.

Professional Qualifications

- Master Certified Coach - MCC - ICF
- Expressive & Creative Art Therapist (Studio for Movement Arts and Therapies)
- MSc. Psychology (University of Madras)
- Masters in Human Resources (SIES College of Management Studies, Mumbai)
- Diploma in Eurythmy (School of Spiritual Science, Goetheanum, Donarch)
- Certified Instructional Designer
- Biography (Life story work) consultant

Area of Specialization and Focus

- **Leadership & Executive Coaching** (Master Certified Coach (MCC), ICF | Positive Psychology Coach | Biography Consultant)

Deepa, an ICF-certified Master Certified Coach (MCC), combines her expertise as a Positive Psychology Coach and Biography Consultant to guide clients in discovering meaning and purpose. With over 2700 hours of coaching experience, she has worked with functional heads, entrepreneurs, and CXO leaders, helping them align with their authenticity to achieve success with balance.



Deepa's coaching is grounded in authenticity, empathy, and depth, creating a safe space for transformative growth. Her approach empowers clients to take ownership of their journey, supported by her unwavering presence and evidence-based tools. In addition to individual coaching, she facilitates two ICF-approved group coaching programs, enabling participants to gain CCE credits while enhancing personal and professional growth. Deepa's mission is to help clients achieve meaningful, purpose-driven lives with harmony and clarity.

○ **Organisational Development, Leadership Training & Facilitation**

Deepa is an experienced Organization Development Specialist and Leadership Facilitator, known for designing transformative interventions in personal and organizational growth. As the Head of Organizational Development, she led impactful culture-building initiatives, including values and vision percolation using LSIP and depth-oriented labs. She also pioneered "Career Lab," a three-month journey to help leaders navigate mid-life and career crises with clarity and purpose.

Over the past decade, Deepa has curated arts-based workshops and leadership journeys for women employees, enabling them to reconnect with their authentic selves and aspirations through visioning and depth-leadership interventions.

Deepa's facilitation leverages unique methodologies like expressive arts, movement, theatre, and Eurythmy, enriching her programs in personal mastery, team effectiveness, and senior leadership development. Her expertise includes:

- Personal Effectiveness & Mastery
- Active Listening Skills
- Team Visioning and Alignment
- Leadership Development for Senior Executives
- Career Transition Programs

She combines psychological insights with creative techniques to ensure a transformational experience for individuals, teams, and organizations.

○ **Holistic Corporate Wellbeing**

Deepa is a seasoned facilitator specializing in holistic wellbeing interventions that promote work-life harmony and enhance personal and professional fulfillment. Her programs focus on:

- Stress Management: Building resilience and managing workplace pressures.
- Work-Life Balance: Creating harmony between personal and professional priorities.
- Achieving Success with Balance: Aligning personal and professional goals for sustainable success.
- Empathy and Emotional Intelligence: Improving workplace relationships through enhanced emotional intelligence.
- Energy Management: Teaching employees to sustain and channel their energy for healthier interactions.

Deepa combines psychological frameworks with the power of expressive arts and creative movement to create holistic, immersive experiences. Her approach empowers employees to prioritize wellbeing, fostering more empathetic, resilient workplaces and improved individual fulfillment.

Corporate Experience

Deepa brings over a decade of experience working with leading organizations like Ispat Industries, Neoteric Infomatique, and Aditya Birla Fashion & Retail. She has managed key portfolios in talent acquisition, development, training, and organizational development. As Head of Organizational Development (OD), Deepa significantly improved employee engagement scores and contributed to winning the "Best HR Practices" award at the Aditya Birla Awards.

For the past 14 years, she has been an independent facilitator, coach, and consultant, applying her corporate expertise to deliver impactful interventions across industries. Deepa also teaches Eurythmy at a Waldorf school, enriching her learning and client work.



Key Clients & Industries

- Retail – Madura Fashion & Lifestyle, McDonald's, Spar, Aukera
- Financial Services – DBS Bank, SMFG India Credit, TransUnion
- Healthcare – Merck India, Indegene, Baxter India
- Manufacturing – Madura Clothing, Jayshree Textiles, TVS Motor Company, Crompton Greaves, Volvo
- Energy Management - Schneider Electric
- Informational Technology - Kalpita Technologies, Infosys, IBM, ServiceNow
- Other Corporations – Manipal group, Vodafone Idea Ltd, CII-VLFM, TechNova Imaging, PWC, MetLife, Bajaj Allianz, Educational institutions,

Hobbies

Deepa loves to engage in artistic pursuits like theatre, mandalas, dancing, singing, journalling, and sky gazing.