

Smitha Umesan - Change Catalyst Coach

Helping individuals navigate change, unlock their potential, and lead with confidence and purpose.

Senior Finance Manager, MetLife | Chartered Accountant | ICF Associate Certified Coach (ACC) | PCC in Progress

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About Me

I am a Change Catalyst Coach and **Senior Finance Manager at MetLife** with over 20 years of experience across global financial services organizations. My career has been built on leading finance initiatives, driving transformation, partnering with cross-functional teams, and enabling business outcomes in complex and evolving environments.

Alongside my corporate leadership journey, I coach individuals and emerging leaders to navigate change, build self-awareness, strengthen confidence, and unlock their potential. I believe that sustainable growth begins with reflection, meaningful conversations, and intentional action.

My coaching integrates ICF Core Competencies with NLP, Transactional Analysis, and systems thinking to create a safe and thought-provoking space where people gain clarity, challenge limiting beliefs, and move forward with purpose.

Areas of Focus

- Leadership Development
- Career Growth & Transitions
- Change & Transition Coaching
- Confidence & Self-Leadership
- Emotional Intelligence
- Communication & Collaboration
- Decision Making & Accountability
- Resilience & Growth Mindset

Corporate Experience

Over the past two decades, I have held leadership and management roles with **MetLife, Deutsche Bank, Barclays, Royal Bank of Scotland (NatWest Group), J.P. Morgan, Oracle, Tesco, American Express, and Xansa**. My experience spans finance leadership, transformation, governance, stakeholder management, and leading teams through change—bringing practical business insight to every coaching conversation.

Credentials

- ICF Associate Certified Coach (ACC)
- PCC in Progress
- Chartered Accountant (ICAI)
- Certified Transformative NLP Coach & Practitioner
- Transactional Analysis (TA-101)

My Coaching Philosophy – The Gutsy Way

I believe meaningful change begins with the courage to pause, reflect, and take intentional action. My role is to help individuals discover their strengths, embrace new possibilities, and lead with authenticity, confidence, and purpose.