

Sindhu Sajeev

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👤 About Me

I am an ICF PCC Human Potential & Transformation Coach, Trainer, and Facilitator with a passion for helping individuals and communities develop greater self-awareness, emotional resilience, authentic confidence, and purposeful living.

My professional journey spans over **20 years in the corporate world**, where I held leadership and quality management roles with multinational organizations including **Intel, Huawei, Nokia, and Mphasis**. Working across diverse teams and business environments gave me deep insights into leadership, communication, behavioral change, and human performance.

Over the past **14+ years**, I have expanded my work into coaching, wellness, and personal transformation, integrating professional coaching, Neuro-Linguistic Programming (NLP), yoga, mindfulness, breathwork, behavioral science, and contemplative practices. This multidisciplinary approach enables me to create meaningful learning experiences that are practical, engaging, and transformational.

To date, I have completed **500+ coaching hours**, partnering with professionals, leaders, women, students, parents, and individuals navigating significant life and career transitions.

🧠 Professional Credentials

ICF PCC Credentialed Human Potential & Transformation Coach • NLP Master Practitioner •

Yoga Master (Level 4), Yoga Certification Board, Ministry of AYUSH •

Wellness Facilitator with over 14 years of experience •

20+ years of corporate leadership and quality management experience

📁 Selected Coaching & Facilitation Engagements

My work spans coaching, training, facilitation, and wellness programs across corporate, educational, and community settings.

Some of my engagements include:

- Conducting **employee wellness and pre-retirement transition workshops** for employees of **Hindustan Aeronautics Limited (HAL)**, focusing on holistic health, emotional well-being, identity beyond retirement, and purposeful living.
- Facilitating **student development sessions** for the **Parikrama Foundation**, helping young people build confidence, communication skills, emotional awareness, and self-leadership.
- Providing **individual coaching** to professionals and senior leaders across industries, including leaders working at **Ferrero**, supporting them in leadership effectiveness, confidence, communication, career transitions, and personal growth.
- Coaching women through life and career transitions, helping them reconnect with themselves, build authentic confidence, and create balance across personal and professional roles.
- Conducting wellness and mindfulness sessions integrating yoga, breathwork, meditation, and reflective practices for diverse audiences.

Areas of Expertise

Personal Growth & Self-Leadership

- Developing self-awareness
- Building authentic confidence
- Goal clarity and purposeful living
- Growth mindset
- Habit formation
- Personal effectiveness
- Navigating life transitions

Emotional Well-being

- Stress management
- Emotional resilience
- Managing overwhelm
- Burnout prevention
- Mindfulness practices
- Breathwork for emotional balance
- Work-life integration

Communication & Relationships

- Effective communication
- Active listening
- Difficult conversations
- Building trust
- Healthy boundaries
- Conflict resolution
- Relationship effectiveness

Holistic Well-being

- Yoga for everyday wellness
- Breath awareness and regulation
- Meditation and mindfulness
- Lifestyle management
- Sustainable healthy habits
- Mind-body integration

Workshops & Session Topics

Sessions can be customized based on the needs of the audience and are suitable for corporate teams, educational institutions, community groups, associations, women's forums, senior citizens, and youth.

Some of the popular topics include:

- Building Authentic Confidence
- Emotional Wellness in Everyday Life
- Managing Stress with Awareness
- Living with Clarity and Purpose
- Mindfulness for Modern Living
- Breathwork for Emotional Balance
- Women Beyond Roles: Reconnecting with Yourself
- Purpose Beyond Retirement
- Healthy Ageing with Vitality
- Confidence & Communication for Students

Every session is interactive and experiential, combining reflection, discussion, practical exercises, and simple tools that participants can immediately apply in their daily lives.

Facilitation Philosophy

I believe that meaningful transformation does not happen by simply acquiring more information—it begins with deeper awareness. I create reflective, experiential learning spaces where participants explore their own experiences, challenge limiting patterns, & discover practical ways to move forward with greater clarity and confidence.

My facilitation style blends:

- Professional Coaching
- Neuro-Linguistic Programming (NLP)
- Yoga and Breathwork; Mindfulness
- Neuroscience-informed approaches
- Indic contemplative wisdom

The result is a learning experience that is engaging, practical, and deeply relevant to everyday life.