



SANGEETA DASGUPTA

THE HEALING OSHUN



Sangeeta Dasgupta

Coach Profile

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Sangeeta Dasgupta



Gurugram, India
Leadership & Executive Coach



Overview

- **Sangeeta Dasgupta**, is a **Leadership Coach** and founder of **The Healing Oshun**, a wellness coaching and training organisation.
- She served **ICF Delhi NCR Charter Chapter** as the **Director - Peer Coaching and Mentoring** from 2023-25 and earlier served as the **Director - Memberships** from 2020-2021.
- Served as the **Chief Programs Officer** for the pilot batch of the **Dignity Growth & Happiness (DGH)** project of the **Government of India** initiated by **Mr Shiv Prasad Nakate, DM, Bhilwara** launched on 30th July 2021
- A **Taichi and Qigong Practitioner** she helps many to align their mind, body and spirit to holistic wellness.

Accreditations/ Qualifications

- **Coaching: MCC™ Portfolio** from **ICF** (International Coach Federation)
- **NLP: NLP Practitioner** from **Dr. Richard Bandler**
- **Clinical Hypnotherapy: Therapist and Trainer** for **EKAA** formerly California Hypnosis Institute (CHII)
- **Emotional Intelligence: Masters in EI** from **Conscious Solutions, Dr Doris Gregory**
- **Train the Trainer: Dale Carnegie, USA**
- **Diploma in Training & Development** from **ISTD**
- **LIGHT Practitioner, LEAP Graduate** from **University of San Diego, Department of Medicine**

Areas of Expertise

- **Leading Lives Mindfully** is her tagline to coaching. Her expertise is in the area of **mindfulness** as she partners with the client to bring illuminating insights. She has supported clients on the areas of **Life and Leadership, Relationships, Communication, Time Management, and Career Succession Planning.**
- Coaching clients include **Leaders, Managers, Business Owners** as well as **University Students.**
- She has coached leaders across different global geographies and industries such as **Banking, Financial Services, Insurance, Pharma, Manufacturing, IT and e-Commerce, Consulting, NGOs, Universities** etc.

Sangeeta Dasgupta | Gurugram |

<https://www.linkedin.com/in/sangeetadasgupta/>

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Work Experience

- Sangeeta's vision of empowering individuals to achieve happiness, wholeness, and completeness aligns perfectly with the aspirations of corporate leaders and HNIs.
- Conducted Sessions and trainings in the areas of skill development, wellness and organizational skills at some of the most prestigious multi-national, NGO's and Indian organizations across multiple industries and domains.
- Her ability to delve deeply into the mind to align the body and spirit makes her uniquely skilled at uncovering the hidden potential within individuals.



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Work Experience

- As a seasoned professional with a background in diverse industries I bring an experience of 25 years in Training, 10 years in Coaching across different geographies allowing me to cultivate a global perspective.
- Conducted **Coaching Sessions and trainings** in the areas of Leadership development, emotional Intelligence, personal branding and Executive presence at some of the most prestigious multi-national and Indian organizations across multiple industries.
- Our few prestigious Clients are: **SRF, Aditya Birla, Punjab National Bank, Accenture, DLF, Karl Storz, RMSI, BML Munjal University, UPES, Xigmapro Software, Delhi University, All for Women, Sriram group, TESCO, Shri Educare, Philips, Westin Hotels, Expedia, EMOHA, Paramhansa Yogananda Public Charitable Trust, Country Inn, TATA Steel, MP Birla, World Bank** to name a few.
- Co-Created the **Cherishing Cultures Peer Coaching** program in association with ICF **South Africa** Charter Chapter.
- Worked for **IGNITE for ICF Foundation** and coached 'Lead Like a Girl Fellows' for **Shenomics, Samarpan Foundation, Arunima and Breakthrough Foundation.**

