



I'm Sarita Rochwani

As a Leadership Coach & Facilitator, I'm driven by my unwavering passion for the art of Inquiry, evident in every training & coaching session, whether in person or virtual. Leaving behind a lucrative consulting career, I've embraced coaching and facilitation wholeheartedly, dedicated to igniting transformation in ambitious professionals. With a focus on self-awareness, clarity, and alignment, I strive to awaken dormant wisdom and foster profound connections. Serving as a perceptive "thought partner," I empower clients with incisive questioning and practical wisdom to catalyze positive, measurable shifts in behavior. My approach is results-oriented yet imbued with warmth and self-awareness, creating a psychologically safe space for authentic growth.

Beyond coaching & Facilitation, I'm a regular yoga & meditation practitioner. I find solace in spending time with my kids, indulging in books, and embracing the tranquility of nature.

Core Competencies

Leadership Development | Team Development | Emotional Intelligence | Executive Presence | Conflict management | Resilience | Feedback | Growth Mindset | Relationship Building | Communication | Presentation.

Professional Development

- PCC - ICF
- Team Coach - GTCI
- Brain Based Coaching - NLI - Australia
- Power Of Presence - Coaches Rising - US
- Power Of Awareness- Sounds True
- Humanity In Leadership

Industries Covered in Training

Information Technology | Financial Services | Professional Services | Insurance | Pharmaceuticals | Manufacturing