



Founder- Ensō Celtic Leadership
ICF PCC Executive & Leadership Coach
Coach Supervisor

Gestalt Master Practitioner
Systemic Family Constellations
HR Professional

As a Professional Certified Coach (PCC) from International Coaching Federation (ICF) with 17 years of HR Professional Experience, Rekha coaches individuals seeking Life Transformation. Her Coaching style is described as 'person-centered, practical, supportive, direct and authentic,' which enables her clients to unlock their true potential and make informed and positive decisions for their future.

Rekha facilitates an inward journey of self-discovery for her clients by incorporating her expertise in Carl Roger's- Being & Becoming of a person, Gestalt, Conscious Business Coaching, NLP, Theory U & Systemic Constellations.

REKHA'S SPECIALIZATION



Coaching for Individuals,
Teams & Groups



Leadership Development



Hogan Assessments



Gestalt & Systemic
Family Constellations



Coaching Supervision

COACHING EXPERTISE:

- ✓ ICF PCC Certified coach with more than 1200 hours of coaching individuals, groups and teams
- ✓ Areas of coaching: Executive, Leadership, Transitioning through Change and Careers, Performance, Life and Inclusion & Diversity
- ✓ Coached leaders globally across management levels in organizations which includes individual contributors, leaders managing small to larger teams and CXOs across industries like Consulting, FMCG, BFSI, Manufacturing, Engineering, Education, Technology, BFSI, Not-for-Profits', Start-Ups, etc to name a few.

HR EXPERTISE:

- ✓ Worked across HR areas of Succession Planning, Talent Mapping, Board Assessment, Employee Transition, Organization Diagnostics, Career Counselling & Mentoring across employee levels and CXO and Board level searches.
- ✓ In her last full-time role, headed the Consumer Market vertical for BTI Executive Search, PersolKelly India and led projects across Indian and Global organizations.

CREDENTIALS

- ✓ ICF- PCC from International Coaching Federation
- ✓ Certified in Gestalt Psychology & Therapy (Gestalt Certified Masters)
- ✓ Certified in Systemic Family Constellations from California Hypnosis Institute, USA
- ✓ Diploma in Coaching Supervision, EMCC & Association of Coaching Accredited (Completed -Professional Certificate in Coaching Supervision) from BECKETT MCINROY CONSULTANCY (BMC)
- ✓ Certified in LSIP (Large Scale Interactive Process)
- ✓ Conscious Business Coach -BetterUp (A program by Fred Kofman)
- ✓ NLP (Neuro-Linguistic Programming)– Practitioner
- ✓ Theory U Lab – Professor Dr. Otto Scharmer from MIT Sloan School of Management, Presencing Institute
- ✓ HOGAN Assessments– Practitioner & Coach
- ✓ Competency-based Interviewing Skills
- ✓ CPI Career Transition Consultant
- ✓ Executive Program in Global Business Management from IIM Calcutta
- ✓ Bachelors of Business Administration from Guru Gobind Singh Indraprastha University.

PROFESSIONAL ASSOCIATIONS

Member of Global International Coach Federation & ICF-Bengaluru Chapter

Research Papers Published:

<https://doi.org/10.52522/ijngp.v1i3.4>



TESTIMONIALS

"It was a pleasure to work with you. Your calm and understanding approach made it easier for me to open up and feel safe in our coaching sessions. It was a great support to have you as my coach during a challenging period."

Professional Coach, Mentor,
Educator, Speaker

"Thanks Rekha for providing me mentoring and coaching on professional guidance to enhance my career. Your sessions really helped me introspect my strengths and weaknesses and create a goal plan for improvement areas. I like your approach in sessions and it really helped me help myself. Looking forward to working closely with you. Thank you and I wish all the best in new year."

Senior Program Manager- IBM

"My 3 years of coaching experience with Rekha has been full of self discovery and realisation. Her impeccable coaching style combined with her patience is what makes these sessions unique and effective. My acquaintances and I have observed significant changes in my approach to a situation which have been key drivers in my growth and development during the course of this journey. I thoroughly cherish this long association I have with Rekha, seeking her guidance as a coach, mentor and as a great friend at every small step of my coaching journey with her."

- Swagata, Leading Global
Technology company

To know the variety of services you can
avail at Enso Celtic Leadership,
do check www.EnsoCeltic.com



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