



Rekha Radhakrishnan

ICF PCC– Executive & Leadership Coach and Coach Supervisor

With over 18 years of professional experience, Rekha Radhakrishnan is a seasoned Coach and Supervisor committed to facilitating transformative growth journeys. She is passionate about helping individuals move inwards, unfolding the discovery of self and being, and empowering them to identify their true potential and take meaningful actions toward their future.

Driven by a passion for understanding human behavior, Rekha has pursued extensive training in psychology disciplines– Person–Centered Approach, Gestalt Psychology & Therapy, Systemic Family Constellations and Somatic Work. This diverse background enriches her coaching & supervision approach, allowing for a holistic understanding of clients' needs and aspirations.

Coaching Expertise:

She has 1700+ hours of Coaching experience. Successfully coached professionals individually and in groups globally across a wide range of industries, including Consulting, FMCG, BFSI, Manufacturing, Engineering, Education, Technology, Pharma, Not-for-Profits, Start-Ups, and more. Her clientele ranges from Individual contributors to C-suite executives and Board-level leaders.

Areas of Coaching:

Executive & Leadership Coaching

Unlocking executive potential and achieving remarkable results with proven strategies

Smooth Career Transitions

Guiding through transitions with clarity, strategy, and resilience for career success

Change Management Mastery

Thriving amidst change, fostering growth and success in dynamic environments

Wholistic Wellbeing

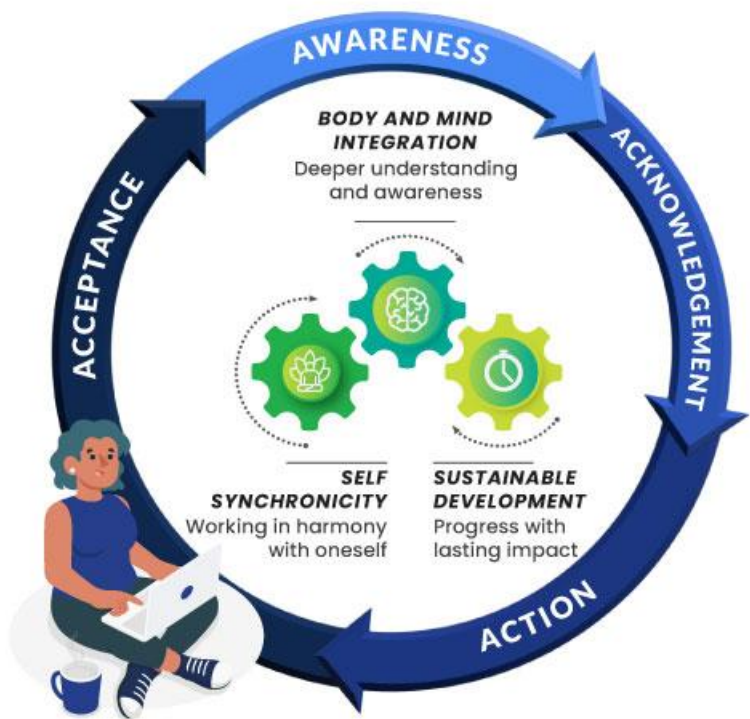
Empowering self with methodologies to balance physical, mental, and emotional wellness for a fulfilled life.

Inclusion & Diversity Advocacy

Fostering inclusive environments where diverse perspectives thrive and contribute.

Coaching Approach:

The wholistic approach supports to work at deeper layers of emotions, beliefs, subconscious thought patterns, self & intergenerational behavioural patterns.



Supervision Experience:

As a Supervisor, Rekha provides reflective space for coaches, mentor coaches, internal coaches and therapists. These sessions are designed to refine their practice, enhance their effectiveness, and ensure they are well-equipped to serve their clients.

Her Supervision Approach integrates person-centered, eclectic, and systemic techniques, blending body, mind, philosophy, and spirituality. By addressing systemic complexities, she uncovers transformative insights that foster wholeness, synchronicity, and lasting personal and professional growth.

Contribution to the field of Coaching & Supervision:

Regularly conducts masterclasses and initiatives in various coaching communities to build awareness of coaching and supervision. Served as the Director for Research & Publication on the Board of ICF Bengaluru Chapter from 2020- 2021, Rekha has spearheaded initiatives such as the quarterly digital magazine "Conversations, In Search of Inner Self" and represented an international collaboration with the ICF Singapore & South- East Asia Chapters to roll out a research study on- Study of Organizational Trends in 2020.

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, she led the Consumer Market vertical for BTI Executive Search, PersolKelly India and led projects across Indian and Global organizations.

Education and Credentials:

- ICF- PCC from International Coaching Federation
- Pursuing Somatic Experiencing Professional Training from Somatic Experiencing International by Dr. Peter Levine
- 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 from BECKETT MCINROY CONSULTANCY (BMC)
- Certified in LSIP (Large Scale Interactive Process)
- Conscious Business Coach -BetterUp (A program by Fred Kofman)
- 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

Memberships & Associations:



Coaching Testimonials:

My Coaching journey has been an amazing journey and experience itself. I have learned so much about myself as well as realized the amount of weight (and load) I was carrying on my shoulders. I have started to feel light over the course of sessions, have improved on “celebration” of deliverables whether team’s or mine.

CIO, Leading Real Estate Organization

I reached out to Rekha at a time when I was struggling with my switch to a new job with a higher position. Sudden new changes were making me feel overwhelmed, they were making me question everything about myself and my work. I was in constant self-doubt and lacked confidence to pick up even small tasks if they seemed new and unfamiliar territory. Rekha helped me in coming to a realisation of what was truly important to me, for me which helped me further in acceptance and prioritising things by taking small baby steps.

~ Shubhangi, Project Manager

Thanks Rekha for providing me mentoring and coaching on professional guidance to enhance 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

Supervision Testimonials:

Working with Rekha during supervision sessions has been a truly invigorating experience. Her guidance has been instrumental in helping me refine my coaching techniques and gain a deeper understanding of my strengths. I have been particularly impressed by Rekha's compassionate and empathetic approach, as well as her ability to create a safe and supportive environment for me to explore and grow. Through her expert guidance, I have been able to become the best coach and person I can be today. Thank you, Rekha, for such an amazing experience!

~ Raluca Stan, ICF ACC

As a result of the supervision sessions, I realised the baggage and internal chatter I was carrying into my coaching sessions with clients, which was impacting my presence and the coaching outcomes. My sessions with Rekha allowed me to go deep and look at root causes that were getting in the way of my presence. She was also able to connect the dots and play back her observations in a challenging yet empathetic way that gave me very important insights. The work we did together helped me redefine what coaching success means for me. Because of this I am able to leave my baggage at the door, making me feel lighter during the session and helping me truly serve my client. Thank you very much!

~ Rajeshwari M S, Leadership Coach, PCC

OUR PROMISE: TRANSFORMATIONS

We ensure you get results that are long-lasting and impactful.



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