



Author of No. 1 Amazon Best Seller

'In the Moment Coaching® for Leaders: Quick and Effective Strategies to Inspire, Connect and Excel'

Writer for

The Mandarin Premium

Profile

Sangeeta is an experienced, qualified and credentialled executive coach, workplace mediator and facilitator with over 20 years of government and private sector experience.

She is the author of the No.1 Amazon Best Seller 'In the Moment Coaching for Leaders', providing time-poor leaders with evidence-based context and practical strategies to make a difference in their work and lives.

Prior to running her own executive coaching, facilitation and mediation practice, Sangeeta was an Executive in the Commonwealth Government. A highlight of her time working in government was the implementation of a coaching culture, a program recognised by an AHRI Award for People Management Initiative of the Year.

Sangeeta brings experience in leadership development and building effective workplace relationships and cohesiveness. She has experience in helping people to work with differing styles and navigating conflict. She specialises in helping others to clarify their strengths, achievements, purpose, values and branding, and provides practical CV and interview support. She was engaged as a Career Coach and Facilitator by a Royal Commission over a two year period, achieving excellent results.

Sangeeta has over 1000 hours of 1-to-1 coaching experience and has been awarded Professional Certified Coach (PCC) level accreditation by the International Coach Federation (ICF). Her coaching style focuses on helping people create meaning and clarity in their professional and personal lives and she is adept at helping people notice what holds them back and what energises them. Sangeeta challenges and supports people in progressing their intentions and works with them to manage conflicting priorities. As part of her practice, Sangeeta is able to provide in-situ coaching observing people in the workplace and offering reflections and feedback in the moment.

Business Roles (selected)

- 2008 - Present
Principal, Achievement Zone Coaching Services
- 2006 - 2010
Executive Manager, Leadership, Learning & Development, Centrelink

Qualifications

- Master of Business Coaching with Distinction, Sydney Business School, University of Wollongong, 2018
- Graduate Diploma in Human Resource Management, University of Canberra, 1996
- Bachelor of Arts, Psychology and Sociology, ANU, 1987
- Diploma of Workplace and Business Coaching, Open Door Coaching Group, 2012
- Certificate IV in Workplace and Business Coaching, Open Door Coaching Group, 2009
- Certificate IV in Life Coaching, Life Coaching Academy, 2006
- Diploma of Government, Transformed, 2011
- Diploma of Management, Transformed, 2011
- Certificate IV Frontline Management, Transformed, 2011
- Certificate IV in Training and Assessment (TAE), Australian Institute of Management, 2011

Professional Development (selected)

- Introductory and Advanced Shadow and Laser Coaching, Donna Karlin School of Shadow Coaching, 2012 - 2013
- Certified Leading with Emotional Intelligence Facilitator, Langley Group, 2010
- Accredited Coaching Skills for Manager Trainer, Institute of Executive Coaching, 2008
- Coaching Supervision, Veritas Alliance, 2007

Accreditations

- Mediation Accreditation, Australian Disputes Centre, 2016
- PCC Credentialled Coach, ICF, 2016

Memberships

- ICF and Association for Coaching (AC)
- Career Development Association of Australia (CDAA)
- Australian Human Resources Institute (MAHRI)
- Resolution Institute
- Golden Key International Honour Society: awarded to top 15% of graduates globally re: Master of Business Coaching

Diagnostic Tools

- Herrmann Brain Dominance Instrument (HBDI)
- StrengthsProfile (formerly Realise 2/R2)
- Genos Emotional Intelligence
- Full Circle 360
- DiSC
- Reach Quotient