



Coach Profile

Sonali Nambiar



Sonali Karve-Nambiar is a Leadership Facilitator and Coach with more than 15 years of facilitation and 5 years of coaching experience across a range of diverse industries that includes IT, BFSI, FMCG, automotive and manufacturing, to name a few. As an executive coach, she has accumulated more than 400 person hours of coaching function heads, mid-level managers and new managers across a wide spectrum of industries on a variety of requirements.

Having worn many hats previously - entrepreneur, learning and development consultant, training and development manager - Sonali brings to the table a wealth of versatility drawn from her professional experience. Her passion lies in making transformational stories happen.

Sonali is passionate about designing and delivering customized learning solutions at first-time and mid-management levels. Her approach to customization of programs and content enables her to help people improve performance, manage workplace challenges, enhance their skills and manage career and life goals. Besides using the Grow model, Sonali uses many tools and techniques, including Neuro-Linguistic Programming (NLP) and Emotional Intelligence (EI) tools. Using creative combinations of tools and methodologies, Sonali delivers the desired results by working on the subconscious and conscious mind.

Qualifications/Experience

- Internationally certified coach by ICF (ACC)
- Coaching certification from Grow More Coach India
- NLP practitioner status from ANLP India
- Emotional Intelligence certification from ANLP India

Specialisms

- Transitioning: for first time managers
- Personal effectiveness

- Effective communication with internal and external customers
- Building and leading high performing team
- Nurturing talent and developing people
- Making attitudinal changes
- Coach at executive and leadership level
- Transformational coaching
- Accountability
- Delegation
- Strategic planning
- The beauty of coaching is that can be done effectively irrespective of levels and topics

"I find my coaching sessions with Sonali to be a true blessing. There is a lot of stress that comes from running my own business in a fast paced, competitive environment. Working with Sonali has helped me gain a different perspective, break some unproductive and stress enhancing behavioural patterns. She practices deep listening and easily grasps what I am conveying, understands my feelings & helps aligning them towards a meaningful goal. Her questioning skills help draw out many things which I would otherwise be unable to express with clarity. I highly recommend Sonali as a coach."

