

## Anisha Kaul



**Anisha** is passionate about helping people navigate their unique change journeys. An experienced coach and facilitator, Anisha believes that growth and development is integral and coaches people to explore the fullness and complexity of their whole life experience – not just the person who shows up to work.

### **Professional and Leadership Experience**

Anisha has more than 20 years of experience in the field of human performance and organisational development. Following a career with Accenture in Change Management and Strategy in the UK, Anisha transitioned full time into coaching, learning and development consultancy and facilitation in 2005. Based in Singapore, Anisha works with some of the world's most progressive organisations and is known for her ability to guide leaders and their teams through challenging yet transformational change journeys.

### **Education and Professional Training**

A psychologist by training, Anisha holds a BSc (Hons) in Psychology from University College London and a MSc in Organisational Psychology from City University, London. Anisha is an ICF Professional Certified Coach and holds multiple coaching certifications from the field's most established coach training organisations. Anisha is



certified in a number of individual and team profiling tools including the Enneagram, MBTI, Leadership Circle and Team Management Systems, among others. Anisha also trains and mentors new coaches and is an accredited coaching supervisor.

### **Fields of Interest**

Anisha is passionate about helping teams transform their relationships and impact, facilitating challenging yet authentic and meaningful conversations around purpose, values, strategy and interpersonal dynamics. Through Anisha's team coaching, members experience a renewal of team spirit and motivation resulting from stronger connections and greater alignment around goals and accountabilities.

In her individual coaching, Anisha enjoys working with people who are excited about exploring their personal and professional horizons – i.e what's next in their life journey? Anisha's clients experience a core shift towards more conscious living and leadership through an exploration of personal values, drivers and decisions. Anisha supports her clients through the challenging but ultimately rewarding journey of transforming self-sabotaging thoughts, habits and behaviours to live according to their highest values and in ways that positively impact relationships, personal wellbeing and success and fulfillment at work and other life endeavors.

### **Personal Details**

A British national and Singapore permanent resident, Anisha lives in Singapore with her husband and two teenage daughters.