



## Mrunal Lamge

Mrunal loves to play the role of a Facilitator [Certified Professional Facilitator from IAF] & an Executive Coach [ACC from ICF] enabling the desired change in people's performance and life. As an Executive Coach, he has a total of 560 plus hours of one-on-one coaching experience coaching CXOs, senior executives & high-potentials.

As a Facilitator, Mrunal gets engaged to facilitate and enable groups and organizations to work more effectively; to collaborate and achieve synergy. He has also designed & facilitated workshops on various topics of Leadership, Coaching, Mentoring & Art of Facilitation. A partial list of clients he has facilitated workshops for/ offered Executive Coaching are: Asian Paints, Abbott, B A Continuum, Birla Sunlife Insurance, BMC Software, Coca-Cola, Cognizant, CCIL, EY, Ericsson, Flipkart, Fuji Sericol India, Godrej Properties Ltd, HDFC Standard Life, Johnson Matthey, Kellogg's, Levi Strauss, Luminous India, Piramal Group, Reliance Brands Ltd, Siemens, Shapoorji Pallonji, Sterlite Power, Tata Strive, Vodafone, UBS,...

Mrunal holds a B.E. (Production Engineering) from Mumbai University with Management education from Welingkar Institute of Management and has more than 26 years of work experience. He started his career in corporate sales in electronic media industry working for MNC brands in India like TNT, Cartoon Network & POGO of Time Warner Inc. With the intention of 'giving back' to society, for two years he worked in social sector and was associated with United Way of Mumbai, Mukhtangan Education, & Craftsbridge. Mrunal pursued his life inquiry of finding the 'purpose of life' and changed his career to work on human potential through the field of training and development since 2007. He was associated with HDFC Standard Life, Life Learning Solutions, iDiscoveri Education and then moved to operate as an independent professional. Mrunal is also empaneled as facilitator and an executive coach with few Indian and international leadership and coaching organizations.

Mrunal is a faculty with *Tata Institute of Social Sciences [TISS]* for their OD & Change Program [Executive Program] teaching Facilitation Skills. He had been a core organizing team member of *International Association of Facilitators-India [IAF-India]* and has facilitated sessions at international conferences of IAF. He is also an Ex- Managing Committee Founder Member of *ICF Mumbai Chapter* promoting the awareness of Coaching. He has also played the role of a Mentor with 'Mentor Me India'.

As one who strives for a healthy work-life balance, Mrunal is a proponent of **ISHA Yoga** & regularly practises pranayam, meditation, loves to read, travel and is an avid photographer. He is passionate about- practising Mindfulness & Making a Difference.

A quote he is inspired by: *How deeply you touch another life,  
is how rich your life is. - Sadguru Jaggi*