

Sarika Sethi | Strengths Accelerator & Transformational Coach

Sarika Sethi is an entrepreneur by profession. Her journey in the business world began **30** years ago and today she is the COO of the company which she started with her husband in 1990 in Mumbai. Called Gemini Power Hydraulics Pvt Ltd., the business operates in the area of engineering & construction equipment, representing several international heavy engineering companies in India. Over the last few years Sarika has, in her role, facilitated a 25% growth in the business adding 150 employees to the business.

Navigating through the dynamic terrain of business exposed to her some critical fault lines in a traditional business set up, the sharpest of this was the tough access to a business guide and sounding board. She realised early on how a business mentor could impact a leader's engagement with their business and eventually influence the bottom-line. This intervention could also be critical in helping organisations stay real, agile and create more diverse enterprises.

In 2015 Sarika set out to fill this gap on her own. This set her on a fascinating journey of life, performance and transformation coaching. In the process she has added professional coaching skills to her business skills.. She is a **Gallup Certified Strengths Coach**. She is also a certified advance **NLP*** **coach** and is also a Certified **ACC** Coach from **International Coaching Federation**

Sarika is now empowering a new generation of entrepreneurs and individuals, by enabling them to gain from the coaching process to accelerate their own path to personal and professional success. Her coaching methodology is neuroscience based, process-focused, outcome driven, and moderated by her experiences in both professional and personal spaces. As a coach she facilitates, self - awareness sessions leading to holistic change in ways in which individuals approach everyday choices and decisions. She also works with teams to unlock productivity.

Sarika believes that coaching benefits individuals by offering them better control over their lives. This is achieved by supporting individuals, in breaking out of their self-limiting beliefs, and harnessing their true potential.

Sarika has a Bachelor's Degree in Psychology and has done her Executive General Management Programme at IIM Bangalore. She is based in the city of Mumbai in India.

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