

Nimrat Dhariwal



Nimrat is an executive coach who helps leaders reflect on the mindsets and beliefs that form the operating system that is running their lives. Once a leader is aware, they can choose to shift actions and behaviours to achieve the impact they want in their world. She coaches leaders to build trusting relationships and develop clear visions in order to thrive in fast-paced, complex and changing environments.

She uses a variety of methods from neuroscience coaching tools, relationship systems mapping, to engaging the right brain with metaphors and movement. Clients say her open and direct style provides them with the encouragement, different perspectives, and new ideas to help them with significant paradigm shifts to achieve powerful results.

She designs and leads experiential workshops that delve beyond quick fix soft skills training to the self-awareness and self-management that is needed for lasting behavior change. Her workshops are packed with practical tips and tools to help bring the learning back to the job. Her audiences rate her as a dynamic speaker whose passion for the subject helps bring the material to life.

Nimrat has a background in software engineering and project management which helps her relate to her client's challenges while offering new ways to meet these challenges.

Nimrat is on the faculty of the Co-Active Training Institute (CTI) and leads coach training and certification workshops for them. She is certified by the International Coach Federation (ICF), CTI, BeAbove Leadership and Positive Intelligence. She holds a degree in Computer Science from Imperial College, University of London. She is accredited in the psychometric assessments, Myers Briggs Type Indicator (MBTI), The Leadership Circle Profile (LCP) and Leadership Culture Survey (LCS). She is a co-author of *The Way of Discovery: Get Unstuck! Move Forward with Courage, Compassion and Creativity*.

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