



As a vibrant and passionate coach, I guide individuals toward their purpose, emphasizing the value of embracing new experiences. With a unique approach, I aim to positively impact lives, inspiring personal growth and transformation. Let's work together towards a fulfilling life and maximizing your potential.

Being a seasoned HR professional and coach with more than 20 years of combined experience, I bring a wealth of knowledge and expertise in the field of human resources. With a deep understanding of these domains, I am well equipped to guide individuals and organizations towards achieving their goals through effective HR practices.

 Some of the organisations I have worked with are:

- Msheireb Properties, Doha Qatar
- Vibrant Consultancy WLL, Doha Qatar
- Qatar Project Management (QPM), Doha Qatar
- Facilities Management and Maintenance (FMM), Doha Qatar
- Tanween Real Estate, Doha Qatar
- JPS Associates Private Limited, New Delhi, India

 **TRAININGS & WORKSHOPS**

- HR Policies and procedures
- Advance Talent Acquisition Skills
- Train the Trainer
- On-boarding and induction
- Effective Communication
- Mindfulness
- Cross Cultural Career Growth

 **CREDENTIALS**

International Coaching Federation (ICF)
 Professional in Human Resources (PHR-HRCI)
 Human Resources Certification Institute
 Fellow Chartered Institute of Personnel Development (FCIPD), CIPD UK
 Certified Professional, Society for Human Resources Management (CP- SHRM)

 **TESTIMONIALS**

“We all should be so lucky to have a coach like Usha. Usha is very methodical yet flexible and knows how to adjust her coaching tools to fit your needs and personality. She makes you feel at ease from the very beginning. You just know you can trust her. She is focused, goes deep and asks hard questions but she is gentle and very positive so our sessions were always energizing and inspiring, while thought provoking.”

~Ronit Fuhrmann, Advisory Council Member
 Digital Marketing- California State University

“Usha gives excellent perspective on every situations and offers alternative ways to view things. Every advice was actionable. She walked me through a visualization exercise it gave me a lot of understanding on what I need to do, and how I was going to accomplish my goals.”

In just few months, I've experienced what I can describe as exponential internal growth.

Usha's unique insight and her attention (to the not so obvious) makes her an exceptional life coach.

~Namita Singh
 Interior Designer and House Manager

“Usha helped me through a few major life changes including a career transition and life during the pandemic. She is an excellent career coach who listens effectively, guides you through asking yourself the right questions. and helps to build strategies to reach your goals. Usha is highly recommended as a life coach.”

The key benefits I experienced because of the coaching with Usha are
 - Positive career change, Confidence boost and Ability to focus on my end goals

~Divya Achtani, Program & Operations Manager New York, United States

“I really changed a lot from being stuck to finding options and answers to work on and felt better after each coaching session. Usha has natural talent for coaching. She helped me find creative solutions for my problems.”

My self-confidence, openness and being accepted and finding a safe place to express yourself which makes you more creative in finding your own answers.

~Badriya Alkhaifi, Admissions Specialist
 Ministry of Higher Education-Oman