

**Region**

Australia

**Area of expertise**

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## Sarb Chowdry

### Executive Coach

Sarb has been an accredited executive coach and facilitator for the last 18 years and prior to that she worked for 15 years within the corporate environment in Sales and Marketing, Recruitment and Executive Search roles. She gained her experience and knowledge internationally as well as in Australia with British Airways, Qantas, BHP and Egon Zehnder International.

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## Coaching Style

Sarb partners with individuals to support them to achieve their goals and ambitions as well as to understand their own true nature and emotions so they can align their values and purpose, with choices about life and work, that lead to multidimensional success, wellbeing and happiness.

Sarb shows them how, in any situation they can choose the response/s that they want which has both integrity and power. She shares how to become more consciously aware of mindset as well as the tools and techniques to maximise personal energy to manage stress, improve communication and the likelihood of the desired results as well as impact, on themselves, others and their organisation.

Her coaching and facilitation style is professional, relaxed, empathetic, personalised and practical to ensure learning is applied immediately.

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## Special Interests

Sarb is trained in a variety of techniques to support individuals to make change.

She applies her knowledge and skills from the field of neuroscience, Neuro Linguistic Programming, hypnotherapy and Coaching. As part of her on going professional development, she is undertaking further study in the cognitive use of pattern matching and conscious intuition in human transformation.

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## Training & Qualifications

Her qualifications include an MBA, BSc Hons. Master Practitioner Neuro- Linguistic Programming, Certificate of Hypnotherapy, Cert 1V TAE, Associate Certified Coach ICF and Professional Certification in the Genos Emotional Intelligence tool. In 2016 Sarb wrote the foreword for and has been quoted in a book on Cross Cultural Coaching; "Cultural Chameleons and Tall Poppies" by Tom Frengos.

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## Current Clients

Her clients have included managers and leaders from Toyota, Breville, Nikon, BHP Billiton, Qantas, ANZ Bank, Westpac Bank, CBA, ABN Amro, PwC, Accenture, Virgin Mobile, Caltex, Stockland Property Group, Nova Entertainment, Department of Defence, Unilever, TOLL Group, Rio Tinto, Orica, Dentsu Aegis, Zendesk, NSW Department of Education and Australian National University.

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