



Jyoti Choitram

Executive Coach

Jyoti is a Human Resources professional with 10 years + experience in the public and private sector. Jyoti draws on her experience as an HR Manager in a magic circle law firm where she is an internal workplace coach and also coaches external private clients. She has lived in Dubai for 7+ years with her husband and two children.

Currently still working within a high performance, demanding work environment Jyoti is attuned to the challenges facing working professionals today. She supports individuals to achieve their full potential and thrive in their personal and professional ambitions. Her sessions give individuals the space to reflect on where they are in their career and personal ambitions, where they want to get to and provides a supportive and encouraging environment to enable individuals to achieve their personal best.

Region

United Arab Emirates

Area of expertise

Working Parents

Women in the Workplace

Developing Leaders

Coaching Style

Jyoti's sessions are focused on generating new thinking, clarity of thought and 'a ha' moments. She works with clients to turn ideas into manageable action plans aligned to their ultimate goals. Jyoti supports her clients to think issues through with logic and reason and challenge their own thinking. Jyoti works with individuals to shift their mindset for longer sustainable change.

Clients describe me as positive and energetic. The coaching conversations are a supportive place to explore big ideas and break them down into achievable plans. Clients appreciate the accountability of the sessions which inspires and motivates them to take positive action.

Coaching Specialisms

- Professional and personal balance
- Working parents
- Female development
- Partnership and career progression
- Career planning
- Confidence
- Managing stress
- Productivity

Training & Qualifications

- Associate Certified Coach (ACC) status accredited by the International Coach Federation (ICF)
- MSc Human Resource Management, Kings College London (2008 – 2009)
- BSc Psychology, University of Bristol (2002- 2005)

Current Clients

Recent clients include lawyers and support staff from her current work place. In addition to coaching a number of lawyers and support staff from her firm, Jyoti has coached established entrepreneurs and new business owners.

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