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## Sarb Chowdry

### Executive Coach

Sarb has been an ICF accredited executive coach and facilitator for the last 20 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.

#### Region

Australia

#### Area of expertise

Women in the Workplace

Working Parents

Developing Leaders

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## Coaching Style

Sarb partners with individuals to support them to achieve their goals and ambitions, and to understand their own true nature, emotions, values and purpose for alignment with choices at work and in life for 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, as well as the tools and techniques to maximise personal energy to manage stress, improve communication and the likelihood of the desired results and impact, on themselves, others and their organisation.

Her coaching and facilitation style is professional, relaxed, empathetic, personalized and practical to ensure

learning is applied immediately.

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## Special Interests

- Sarb is trained in a variety of different modalities grounded in science and applies the knowledge and skills from these to support individuals to make change.
  - 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.
  - 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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## Training & Qualifications

Her qualifications include:

- MBA
  - BSc Hons.
  - Master Practitioner Neuro- Linguistic Programming
  - Certificate of Hypnotherapy
  - Cert 1V TAE
  - Professional Certified Coach (PCC)
  - Professional Certification in the Genos Emotional Intelligence tool
  - Certificate in Mental Health First Aid
  - Certificate in Somatic Approaches to Healing Trauma
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## Current Clients

Her clients have included managers and leaders from Toyota, Breville, Nikon, BHP Billiton, Qantas, ANZ Bank, Westpac Bank, Commonwealth Bank of Australia, 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, Australian National University and Allen & Overy.

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