

cet a charismatic personality, Anu Sachar, the Founder and Partner of AnantOm Consultin Carve Your Path LLP. With over three decade

↓ V ≜. Carv I war Path LLP. With over three decades of extensive integrated experience in Corporate IRs. Training, Business, and Coaching, Ann Ibas successfully led complex global stars in matric exganismies, delivering projects and talent interventions. As woman of many salents, which is well-known for her role as in Internationally. Actaining Helbite Leadership and Life Coach (PCC).

Actained Helbite Leadership and Life Coach (PCC) are the saveral several role in the long-spanning career, the has served several role into three shoped her journey, and and believes in his line has been described to the same and believes in his his her best version even due Life orea.

The proposed proposed in the proposed proposed in the same and believes in his him her best version even due Life orea.

The proposed proposed in the proposed proposed in the same proposed proposed in the proposed propose

In an interview with The Executive Lens, Anu shares deep insights about her career journey, inspiration, a fulfilling project, source of motivation, core values, and long-term goals personal and professional.

Can you tell me about yourself and your career journ so far?

Growing up in an Armod Forces home (my father served in the Indian Army), I built a foundation for a fair, equitable workplace and society, instilling values of Diversity, equity, inclusivity, and belenging (DEIB). Furthermore, the vast and

• What inspired you to pursue your curr

A Psychologist, Trainer, and Certified Yoga Teacher, the

The bedrock of my holistic coaching. Integrated-work 15th, resourced, our highest potential manifests in personal and professional lives. This transformational journey, the profound silence within, is my source of inspiration.

Can you share an example of a project or task that you're particularly proud of?

Expiratory conversations revealed emotional stress, causing cognitive distortions and feet. Through the GETS: model, leaders identified that their life purpose was not aligned with organizational goals. Sub-cultures driven by leaders conflicted with the organizational vision. The GETS chart provided an intunerive experience. They gained clarity on their current state and how to coalesce their life purpose with

1. Goal Setting - Self-awareness through-

I. Prana (life-force) - meditation, mindful breathing enhanced prana within the body. Blissful oneness emanated

II. Holistic Well-Being – yoga, mindful nutrition stimulate dopamine, secotonin, endorphins and decline in adrenaline and curtisol levels, releasing stress, boosting holistic well-

III. Positively Reframe – Continuing to integrate, leaders perceived situations with optimism and gratitude, setting their organisational goals with ease.

2. Integrate holistic way of life

I. Learning Agility: focussing on "whole" being, leaders continually evolved from life experiences, applying learnings to adapt, manage change, incorporating speed, flexibility. They embraced diverse mindsets unconditionally.

3. Forward Progress

I. Well-Being - physical, mental, emotional and spirit

4. Taking Action

Emotional Resilience: skalfully developing uncondition positive regard, compassion, leaders set actions with case focussing on unlimited possibilities to successfully find

17 | www.theexecutivelens.com

5. Success, Skill, Self-acknowledgement -

I. Harmonious Relationships: collaboration, empathy



1. What values guide your professional and personal

My personal space is based on my Integrated-mort.
Core values guiding my coaching practice are derived from years of practice and integration of Yoga philosophy, Higher self, and Psychology are -1. Non-Violence towards self & others (Ahimsa)- non-violence in thought, word, and deed. Being in harmony with

unconditional acceptance of self and others. 'Non-violent' compassionate thoughts release dopamine - happy Self-realisation (Satya) - honesty with self. Tapping into stillness within creates space and time to process thoughts and emotions. Response to stimulus is authenti-

Abundance (Asteya) - gratitude, integrity in appreciating what-is, creates a sense of abundance. Self-realizing the source we seek is already present within us. Refraining from imprudent dissipation of resources for self 4. Empowerment (Brahmacharva) - behavior leading to channeling our energy for a meaningful life.

5. Letting-go & Mindfulness (Aparigraha) – being

3. Letting-go & Mindritaness (Aparigrama) — being present to self, focusing on action in the now. Experiential wisdom, self-awareness to unconditionally embrace both light and dark. Integrating Ahimsa, Satya, Asteya, and Brahmucharya, letting go of expectations of outcome.

. How do you stay motivated when faced with setbacks?

positive regard and empathy, rising above setbacks by tapping into my innate wealth of wisdom.

This deep reflective space enables laser focus on my company's vision - "To be the most holistically integrated

• What are your long-term goals, both professionally

AnantOm Consulting Carve Your Path LLP is a trusted global partner for transformational life coaching. We aim to be accessible globally to clients, communities, and organizations to find meaning in life, to develop a deeper organizations to find meriting in life, to develop a deeper sense of purpose. Along white presence, the long-term goal is to launch a well-being facility that cates to be long-term goal is to launch a well-being facility that cates to person, the in-person immersive coaching through Yogs. Psychology, integrating other modalities facilitating higher self-court inner lights to balance our higher, authentic self, we considered with the being commercial our whole being "-couldered with meriting the control of the person of the control of the control of the person of the control of the person of the control of the control of the person of the person of the person of the person of the control of the person of t

These personal and professional long-term goals enablin continuous learning and transformation globally will be through our <u>Integrated-work</u>.", encompassing the

Samanyasa (self-realization) - discipline ourselves with preparatory processes - identifying intrinsic motivation for life purpose, setting clear goals, tapping into our potential

Cornerstone of our coaching is self-discovery, with personal impetus through -

(a) Vivek (Discernment) - cognitive discernment of real and unreal. Identifying goals, measures, (b) Vairagya (Detachment) - relinquishing attachment to outcomes. Liberating self cognitively, emotionally from past and future opening our mind to myriad possibilities.

© Shat Sampat - six spiritual virtues guide us through cognitive distortions, emotional blocks to

1. Shama - Cognitively keeping a clear, confident

- mind
 2. Danca Discipline to control senses, rea
- Uprate renouncing what no longer fits life's dharma (duty)
- Titiksha resilience through suffering, learning from serbacks
 Shraddha Self-belief, efficacy that sustains
- Samadhana concentration, attention to life purpose, goals, possibilities, solutions

(d) Mumukshutva (self-inquiry) - ongoing intent to self-discover truth from their perspective.

2. Shravana (hearing the truth with deep Istening "what")-learning receptivity with vichara (true enquiry). Listening with a quiescent mind and accepting our truth, becoming one with

Manana (Reflecting on Shravana) - intent, reflected deeply with self-awareness, creates high efficacy. Paraphrasing, summarizing these

Nididhyasana (Deep Contemplation and Assimilation - "who") - mindfully practicing prolonged continuous contemplation on our purpose, goals for self-realization. Contemplat



