

AMBIKA GOEL (ACC - ICF)

Personal Development Coach | Life Coach

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Bengaluru, KA

SUMMARY

Seasoned Personal Development Coach with over 5 years of experience, helping more than 250 clients from diverse backgrounds. I specialize in one-on-one coaching, empowering individuals to set and achieve meaningful goals. By fostering a supportive environment, I guide clients to unlock their full potential. Always staying ahead with the latest in personal development, I bring a genuine passion, unwavering integrity, and a results-driven mindset to coaching.

SKILLS

- Individual Coaching
- Goal Setting
- Problem-Solving
- Resilience Building
- Positive Psychology

EXPERIENCE

Boost Your Confidence Program

Self-Employed

2022 - Present Various Locations

- Created a self-coaching program dedicated to enhancing self-confidence across all age groups.
- Successfully impacted the lives of 30+ individuals, fostering personal development and empowerment.

Freelance Personal Development Coach

Self-Employed

2018 - Present Various Locations

Coached individuals ranging from ages 10 to 70, demonstrating adaptability to diverse life stages.

- Tailored coaching approaches to address specific needs and challenges, fostering commitment to personal growth.
- Provided lifecoaching services to over 250 individuals across the globe, addressing challenges such as life purpose discovery, lack of discipline, consistency issues, procrastination, anxiety, and productivity slumps.

EDUCATION

Master of Business Administration

Maharshi Dayanand University

2009 - 2011 Rohtak, IN

Bachelor of Commerce

Delhi University

1993 - 1996 Delhi, IN

CERTIFICATIONS

Associate Certified Coach (ACC)

Issued by the International Coaching Federation (ICF) Credentials and Standards, individuals holding this credential have undergone over 60 hours of training and have accumulated over 100 hours of coaching experience.



The Art and Science of Coaching (Modules I-II)

Completed the course offered by Erickson Coaching International. This program provides a chance to become an ICF-Accredited coach, and is renowned for its Solution-Focused approach to coaching rooted in neuroscience.

STRENGTHS



Motivational Skills

I've utilized my expertise to assist more than 100 clients, instilling inspiration and confidence as they navigate their paths to personal development.



Adaptability

I demonstrate my adeptness in customizing coaching methodologies to align seamlessly with the distinct requirements and preferences of each individual client.

LANGUAGES

Hindi

Native



English

Proficient

