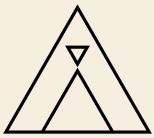


# SARUGUPTA

Empowering women to lead from their  
wholeselves

Creating instinctive, self-aware and powerful  
women leaders through whole-self leadership





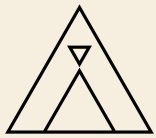
# Problem



Women in leadership are failing to thrive, with 77% of women reporting a lingering sense of exhaustion and burnout in the 2023 Women's Ambitions Report..

- As women, we're conditioned to put the needs of others first, so it's not surprising 43 percent of women leaders feel burned out, compared to only 31 percent of men (Women in the workplace 2022 by McKinsey & Company).
- Women are leaving jobs, and it's not due to a lack of ambition. The 'always on' mode of women in leadership means they're always on the go, without being able to switch-off, take time off or truly rest and recover.
- Women and men are different biologically. It's time we supported women and addressed their specific development and wellness needs.
- There are plenty of solutions in the market yet none of them are working. They are only focusing on one aspect of life - work - rather than supporting a whole system approach to allow high-achieving women to thrive.

**Saru is on a mission to fill the missing gaps for women who lead, and help them build awareness of their emotional, mental, physical and energetic health, while undoing decades of coping strategies and conditioning that mean they're denying their potential to succeed as a powerful woman. Through the power of embodied leadership, women can become more powerful, effective leaders, able to lead themselves and others, without burning out.**



# About Saru

Speaker | Coach | Advocate

Saru Gupta is a global embodied leadership speaker and coach, bridging the gap between science, humanity and spirituality to empower self-aware, nourished and instinctive female leaders who can make a positive impact on the world.

Through her powerful experiential practice in embodied leadership, Saru is unlocking true feminine leadership, transforming lives and creating deep awareness and understanding.

By helping female leaders tap into their human instincts, natural vitality and authentic ability to connect with themselves and others, Saru's work builds empowered female leaders and productive teams.

Having lived, led, loved and learnt in the East and the West, Saru brings a diverse perspective to the professional world, with 16 years of experience as a corporate leader and business founder.

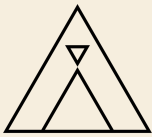
Her specialised whole-self leadership approach has been developed over the last decade, through studies with global experts in a wide range of fields, including human behaviour, trauma, psychology, nervous system, mindfulness, embodiment and the wisdom of emotions.

Based in Melbourne, Saru works with clients internationally through one-to-one coaching, professional programs for individuals and organisations, team workshops and as an inspiring speaker who can present to audiences of 2, to 2,000 (and everything in between)



**Saru's belief in the transformative power of embodied leadership infuses her speaking presentations with positive energy, wise insights and 'ah-ha' moments guaranteed to inspire and empower audiences.**





# Speaker Topics



## LEADERSHIP

### **Embodied Leadership: A sustainable antidote to burnout, stress and fatigue.**

In our modern world, women who are leaders and high-achievers are struggling with high levels of stress, burnout and fatigue. Let's bring real and lasting change to change high-achieving women's relationship with stress and thrive under the pressures of the modern world.

### **Creating resilient workplaces in a high-pressure world.**

Mental health struggles are not just about the mind, they're often informed by our ability to handle uncomfortable emotions. This is ideal for teams and whole organisations who are looking for better ways to support the mental health of their people in an uncertain world.

## COMMUNICATION

### **Authentic communication at work.**

In high-pressure environments, communication is often compromised, impacting productivity and relationships. Discover the reasons for unhealthy communication, how our attachment styles in relationships are at play in work communication, and learn key techniques for better communication.

## RELATIONSHIPS

### **How to build better teams at work.**

We spend half our lives at work, and can't help but bring our childhood patterns and learned experiences, thoughts and feelings to the workplace. Let's explore how to break down patterns and build better, more cohesive workplaces.

### **Unlock real relationships by adjusting your inner human systems.**

All of our internal systems and emotions are linked, but when we aren't in tune with the language of our body, emotions and nervous system, we are living a life without clarity or true connection. Let's unlock inner vitality and clarity, with practical tools for building authentic relationships.

## **TEAM PRESENTATIONS, WORKSHOPS AND MASTERCLASSES**

Tailored from 60min to a full-day workshop

Saru's signature talk for teams can be designed to empower and inspire individuals to take care of their health through the principles of embodied leaderships, while also inspiring management to create systems through which team members are able to work on their individual health.

## **EMBODIED LEADERSHIP COACHING AND DEVELOPMENT PROGRAMS**

Tailored from 3 months to 9 month

Saru offers individual coaching and three to nine months development programs, to maximise the effectiveness and sustainability of the female leaders and provide deeper support to address the nuances.

- EMOTIONAL INTELLIGENCE (including emotional literacy)
- NERVOUS SYSTEM RESET
- RADICAL FEMININE LEADERSHIP EXPERIENCE



# Testimonials



## Speaker in an online conference & Panel Discussion

Saru Gupta is an exemplary speaker and trainer whose presentations always leave a lasting impact. Her insightful and thought-provoking style of imparting knowledge coupled with a remarkable enthusiasm is truly infectious. She is a great communicator, able to connect with her audience through her relatable experiences and in-depth knowledge. Not only is she an expert in her field, but also a diligent listener and supporter. Working with Saru has been an absolute pleasure, and I highly recommend her to anyone seeking an exceptional speaker and trainer.

**Brigid Holder, CEO, The art of Grace Publishing House**

## Workshop on 'wellness that works in a workplace'

What set Saru's talk apart was her ability to make the topic personable and relatable to everyone in the room. She addressed issues that many of us face in our day-to-day lives, particularly in relation to burnout and mental health. Her insights were not only insightful but also practical, providing tangible solutions that we could implement in our own lives. Most impressive was the level of engagement throughout the talk. Saru didn't just deliver a monologue; she created an interactive environment that encouraged participation from all the attendees. It was refreshing to be part of a session that truly valued the input and experiences of each individual present.

**Sian Jackson-Joiner, Community Manager, The Commons**

## 6 month embodied leadership development program

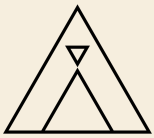
Working with Saru has been nothing short of life changing. Prior to working with her over the past year, I had accomplished great things in my life, but I'd reached a point where I no longer had satisfaction with either my professional or my personal life. Though I appeared "together" on the outside, internally I was floundering. Saru's process has been transformative. She helped me realise that old, unwanted patterns and fears were running my life and, even more importantly, she helped me to cultivate the capacity to process the fear. She got me out of my head and into -- and deeply connected with -- my body, so that I am now tuned into the innate wisdom, strength, and safety. I feel lit up, expansive, and strong, yet calm and stable, in a way that I never have before.

**Elizabeth Hughes, Dermatologist, Inventor & Speaker**

**Embodied leadership is a multi-layered approach, exploring the connections between body, emotions, energy and mind, building solid foundations for us to thrive.**

**It builds our emotional mastery, body wisdom and instinctive power as female leaders, so we can support ourselves and those around us, without burning out."**

Saru Gupta  
Speaker | Coach | Advocate



# Get in Touch



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