

SARUGUPTA

Speaker | Coach | Advocate

Let's inspire and empower
audiences, together.

www.sarugupta.com





About Saru



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

1. 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. But it doesn't have to be that way. Through this speech learn the powerful methodology that can bring real and lasting change to change your relationship with stress and thrive under the pressures of the modern world.

LEADERSHIP

2. 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. So how can workplaces help people to be more resilient in an uncertain world? This speech is ideal for whole teams and organisations who are looking for better ways to support the mental health of their people.

**I'm on a mission
to transform
female influence
through the life-
changing impact
of whole-self
leadership.**

Saru Gupta
Speaker | Coach

Speaker Topics



COMMUNICATION

1. Authentic communication at work.

Are your leaders communicating in a clear and true way? 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 to change some of those habits.



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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

Speaker Topics



RELATIONSHIPS

1. How to build better teams at work.

We spend half our lives at work, and although we try to leave our personal baggage at the door, we 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.

RELATIONSHIPS

2. 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. This session empowers the audience to unlock inner vitality and clarity, and provides practical tools on building authentic relationships.

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



TEAM SPEECHES, WORKSHOPS AND MASTERCLASSES

Tailored from 60min to a full day workshop

My 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. This allows the whole business to thrive in both its organisational health and financial goals.



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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.

One of the things that impressed me the most 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

My Mission

I'm 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, you can become a more powerful, effective leader, able to lead yourself and others, without burning out.

Because too many women today are struggling to achieve at work, while still maintaining healthy lives and relationships outside of the workplace.

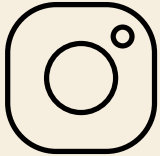
As a female leader, your true power comes from your female instincts. You have a unique perspective, the potential to influence others and to create change for good within the world. But you don't need to sacrifice your own health and wellbeing to support others to thrive.



Get in Touch



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<https://www.linkedin.com/in/saru-gupta/>



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