

ANITA VASUDEVA

Coach | Consultant | Entrepreneur | Communicator
Co-Founder Conscious Development

Anita is a coach, consultant, entrepreneur and communicator with over three decades of work experience and a vision that rests on the belief that we have the choice to transform our lives and work in the context of our purpose and values, with awareness, clarity and authenticity.

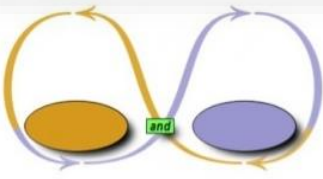
Anita advises, consults with, trains and coaches individuals and organizations in diverse areas including Leadership & Development, Women in the Workplace, Diversity & Inclusion, Culture & Values, Work-life Integration, True Self and Potential, Emotional Wisdom, Executive Presence, and Communication. Her work is designed to co-create authentic, sustainable and conscious frameworks and interventions that are relevant and contextual, and are defined by both, reality and vision. She leverages her deep experience and adopts various methods including the Polarity approach to support desired shifts. After a brief beginning in film-making, and a long stint in tourism, Anita turned entrepreneur and co-founded the first Indian travel portal, ran a business consulting firm. She also co-created:

- **Fleximoms**, a platform for women making work-life choices.
- The **Foundation for Working Women**

She is engaged with various gender initiatives; and is an adviser to varied organizations including **RAHI Foundation**, **Tassawur**, and **Hatch Tact Innovations**.

*Certified as an Advanced Practitioner in the **Polarity Approach to Continuity and Transformation** (PACT), and **Tavistock University** modules on **Counselling**, Anita has over **1000 hours** of training, consulting and coaching experience with individuals, companies and organisations and has trained and coached over **500 people** in the course of her career. These include corporate leaders, women professionals, executives, entrepreneurs, family run concerns, management students and others.*





WHAT ARE POLARITIES?

Polarities are interdependent pairs that support a common purpose and one another. They are energy systems in which we live and work.

AREAS OF EXPERTISE
Leveraging the Power of Paradox – a Polarity approach
Claiming your true potential
Responding to the dynamics of women in the workplace
Creating an inclusive environment
Creating work-life integration
Conscious and adaptive leadership / women in leadership
Working with teams
Conscious conflict management



‘I see coaching and training as a partnership, to discover and leverage the vision, wisdom and aspirations of the person being coached or trained. It is an exploration in a safe and respectful space, designed to facilitate powerful personal and work energy, and transformational breakthroughs. At Conscious Development, our coaching methodology leverages various theories to create authentic, sustainable and successful frameworks that address the challenges of the present day workplace,’ says Anita Vasudeva