

Volume 1



#Coachness

Applications of **Indic Wisdom**
in Coaching and Leadership

Krishna Prakash

#Coachness

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Applications of Indic Wisdom
in Coaching and Leadership



॥ सत्यम् ज्ञानं अनन्तम् ॥

Krishna Prakash

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#Coachness

Introduction

#Coachness is a quality that I wish could trend till the World figures out ways and means to resolve differences, explore deeper aspects of relationships and discover the pinnacle of human potential through commonsense and conversations as preferred mediums.

In #Coachness based conversations, silence, trust and holding space are integral parts!

This approach could potentially change our future as **embodying #coachness** enables us to amicably co-exist by treating differences, perspectives and opinions as variety in the garden called Life.

Both the parties give themselves an opportunity to walk away with the thought 'I don't know,' as that could prevent many calamities, within and with, out!

One of the professions that has within it to trigger this 'embodiment' in humans is the sacred art and science of Coaching.

To conclude, this could probably be the first book that empowers two parties that any conversation needs to have, in minimum, and in this case, we are using the model of 'a Coachee and a Coach!'

May the exploration begin...

Love

Krishna

Vasudhaiva Kutumbakam

World is one family!

Loka Samastha Sukhino Bhavantu

May the beings of this plane of existence be happy ☺

#Coachness

Part #1

Musings as a Coach

Foreword #1

A very warm welcome to this thoughtful and evocative collection of posts by Krishna - a compilation that weaves together the timeless essence of **Indic wisdom** with the transformative power of **Coaching and Leadership**.

What you are about to experience is not just a series of articles, but a journey...one that invites deep reflection, personal inquiry, and everyday application.

These are posts meant to be savoured slowly. I encourage you to take in one post at a time, let it sit with you, digest it fully, and allow its insights to ripple into your life. When engaged with intention, each reflection has the potential to spark a subtle, yet powerful transformation.

When Krishna invited me to write this foreword, I accepted with both humility and joy. There were two reasons. One: I consider myself a lifelong student of Indic wisdom, and in this path, Krishna has been my guide. Two: I have witnessed, time and again, how he brings a rare authenticity and grounded depth to everything he shares.

Whether through virtual sessions, workshops on the intersection of Coaching and Indic frameworks, or everyday conversations. His commitment to **living his Dharma**, the sacred responsibility of sharing this wisdom, is evident in how he continues to serve students, coaches, entrepreneurs, and leaders alike.

As a mentor Coach, I found this collection to be not just inspiring but immensely **practical**. It sharpens language, expands the way we can relate to Coaching competencies, and provides powerful metaphors to explain subtle ideas to mentees.

Krishna's unique ability to translate ancient concepts, like **Dharma as ethics**, or **vairāgya as wise detachment** - into language that resonates with modern Coaching is what makes this collection so valuable.

Each post carries the depth of Yogic and Vedantic insight yet is accessible and immediately relevant. Krishna himself embodies the principle of **authentic humility**; so much so that I often tell him he must make his work more visible, more widely available.

His choice to delay teaching Yoga until he felt he had fully internalized its dimensions speaks volumes of his reverence for the tradition. His voice on Coaching carries a richness that even seasoned practitioners find enlightening.

This book is an invitation to experience Coaching not merely as a method, but as a **living wisdom practice**: rooted in presence, silence, and subtle inner alignment. Here, **readiness is not a prerequisite**. It is the outcome of practice, presence, and trust, cultivated step by step.

Coaching, in Krishna's articulation, becomes a **sacred process of remembrance**: not about adding or fixing, but gently awakening what already lies within.

You will discover that **true Leadership begins with inner silence**, a stillness that aligns thought, word, and action. This collection will challenge you to pause, not to escape, but to **realign**, reflect, and respond with depth.

It shows that **growth is not about accumulation**, but about gentle release—like falling leaves, like melting snow, making space for something truer to emerge.

Ultimately, this book is not just a set of reflections. It is a companion. A quiet Coach. A mirror. A practice.

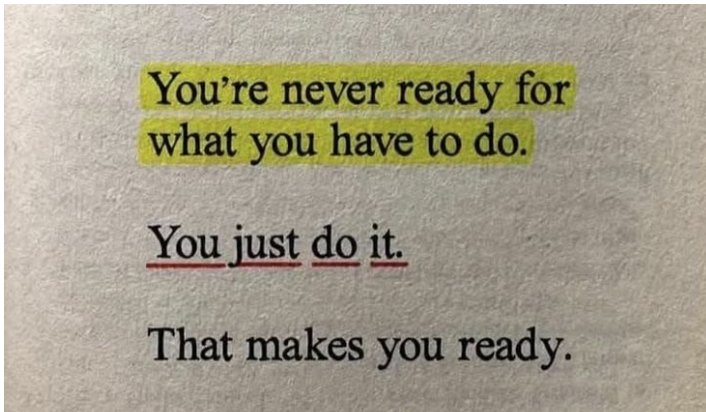
Engage with it not to finish, but to begin. Begin with curiosity. Begin with openness. Begin with presence.

*Shanti Sharma**

Author | Coach | Mentor Coach | Leadership Facilitator| Student of Indic Wisdom

* a note on Shanti Sharma is at the end of this section.

Post 1 (21 06 2025 – Start to be ready!)



 In the Yogic tradition, readiness is not a mental checklist.

It is a state of inner alignment — cultivated through sustained practice (abhyāsa) and studied non-attachment (vairāgya).

While wearing the hats of Yogāchārya and Coach with roots in Indic wisdom, i often remind students and the client respectively:

Readiness is not the starting point. It is the outcome of presence, practice and trust.

Take Patañjali's Yoga Sūtras... the text doesn't begin with **ultimate calm**  or **perfect focus** 

It (Patañjali's Yoga Sūtras) begins with the invitation 

Atha Yoga Anuśāsanam i.e. NOW the discipline of Yoga begins...

Not tomorrow.

Not when you're confident.

Now - as you are!

In Coaching, just like in Yoga, we meet life as it is and ourselves as we are.

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From that honest space, we take the next small, intentional step.

And that, step by step, is what cultivates the strength and clarity we once thought we lacked.



You don't wait to feel ready.



You begin, with awareness.



And through the doing, you become ready.

PS 1: The words 'Coach' and 'client' are interchangeable in this post. Try reading once more, now!

PS 2: Our Yoga, Yoga Nidra & Indic Wisdom based courses are in-built with such musings.

LinkedIn Coordinates

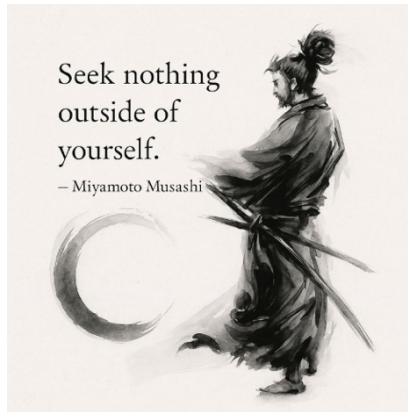
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Post 2: (22 06 2025 – Coaching is a spiritual process)



‘Coaching’ is a spiritual process. Naturally ‘getting coached’ too is.

These words strike a sacred chord in those who get it.

These shouldn’t be reduced to a fashion statement or a status symbol even during casual interactions.

✳️ As a Coach, we could do well to recall what Swami Sivananda said in 1940’s: ‘if you are the saviour then you would know 🤔.’ So, it’s important to adhere to the Dharma of a Coach 🙌

✳️ A Coaching client, would derive the best if this popular saying is recalled: ‘the best place to find a helping hand is at the end of your arm 🤖.’

✳️ In a world constantly nudging us to look outward: for validation, for direction, for worth, let’s remember the words of Musashi that calls us back home to the self.

In Coaching, we don’t offer fixes or formulas. We offer presence. We listen – deeply.

Because within every soul lies a wellspring of wisdom, clarity, and knowing.

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The journey is not about adding more. It is about remembering.

About shedding illusions. About aligning with the truth that everything you seek already exists within.

✨ As coaches, we gently hold the mirror, but this mirror shows as it is 🙌

✨ We ask the questions that reconnect our clients to source, to self, to stillness 🧘

✨ We trust the unfolding — not by force, but through awareness

This is the sacred art of Coaching: Not guiding to the light, but guiding from the light that already is (within) 🕯

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Post 3: (23 06 2025 – Choose between venom or healing)

A monk once said :

“Imagine being bitten by a
snake, and instead of focusing
on healing from the poison,

You chase the snake to
understand why it bit you
and to prove that
you didn't deserve it.”

A tough piece of feedback 🗣️

A project that derails 🚧

A relationship that fractures 💔

Rather than tending to the inner venom (the hurt, shame, or fear)
and pouring energy into hunting down culprits and justifications;
here is how you could invite to shift:



Pause and presence: Before sprinting after the “snake,”
NOTICE what’s happening within.

1. Where do you feel the sting? Naming sensations and emotions starts the detox.



Curious inquiry: Evoke your awareness then take one step
ahead instead of looking back 😊

2. Instead of why did they do that to me? ask what is this
REVEALING about my values, boundaries, or unmet needs?

Purposeful choice: Healing isn't passive. It's a conscious choice
followed up with measured action, one step at a time.

3. What small, self-honouring action will move the ANTIDOTE
through your system today?



Future focus: Once the poison subsides, you can examine patterns and systems with clarity, not vengeance. Sustainable change grows from a healthy mature core.



Today's reflection nudges

- Where might you be chasing a snake right now?
- What would happen if you focused on the antidote instead?

If you're ready to transform reactive energy into purposeful force, then explore deepening your understanding about YOU.

What can you 🙌 do?

1. Connect with a living tradition and undertake conscious inner work with joy. Take the work seriously, not you 😊
2. Study with a group of focused like-minded seekers, not a casual *chai* ☕ *pe charcha* types (though that's needed too!)
3. Just be... 😊

Conclusion

- When you as a Coach pursue self-healing and self-Coaching then over a period it reflects in your Coaching practice.
- When as a Leader you adopt inner-first approach, your teams observe and learn that accountability begins with self, not blame.

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Post 4: (24 06 2025 –PRESENCE in Coaching & Leadership)



Be careful always to keep the living
Presence and Protection around you
when you speak to people and speak
as little as possible.

The Mother

In the world of Coaching and Leadership, PRESENCE is your most potent tool. Through **The Mother's** words i invite you to cultivate 'Sacred Inner Silence' that generally would manifest as PRESENCE.

A state of being deeply anchored in the NOW i.e. complete awareness, before you engage with the outer world.

Inner Silence shines as outward PRESENCE! And this can be cultivated ... a couple of possible outcomes of this cultivation are:

🧘 A 'connection' to a higher intelligence, intuition, or sacred space.

🌿 A subtle yet powerful energy that protects, guides, and aligns your thought, word and action.

Speak as little as possible doesn't imply silence for its own sake. Rather, it encourages:

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💡 Speaking from clarity, necessity, and compassion.

👂 Listening deeply; not only to words, but to the space between...

⚡ Honouring the energy of words i.e. clearly recognising that each word can either uplift or disturb.

Now, kindly allow me the liberty to ask you to...

🎬 **B**egin interactions with a minute of silence or prayers.

🧠 **r**eflect on the intention behind your words, before speaking.

🤔 **n**otice how 'studied silence' can sometimes hold more power than speech.

You can **BET** (Begin. Reflect. Notice.) on this strategy to maximise your presence to yourself first before offering to others 🙏

Conclusion

This post is offered at the feet 🦶 of the 'Masters' and 'The Mother.'

The inner state of the communicator i.e. yours is more important than the volume or sophistication in your communication. This defines and enhances PRESENCE.

To further as well as deepen your PRESENCE you may start with - <https://tinyurl.com/5crxvnkx>, a session that reveals WHAT comes on the way of PRESENCE and HOW to...

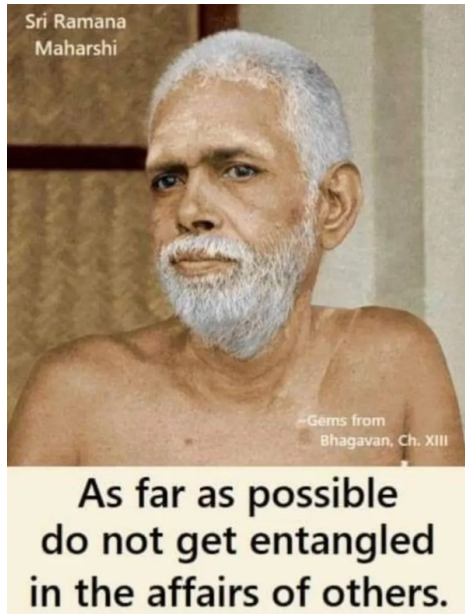
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Post 5: (25 06 2025 – Coaching through STILLNESS)



In the world of Coaching, there is a subtle trap: the urge to solve, to intervene, to direct 🕒

But Indic Wisdom invites us to witness and enable instead, without getting entangled.

Remind yourself of how jackfruit gets peeled 😊

True Coaching is not about shaping the client's path, but it is about creating the space for their inner knowing to emerge 🧘

🧠 Let us ask questions, don't impose or lead.

🪞 Let us reflect, paraphrase, don't project.

☂️ Let us be the still presence in which the client's storm settles.

The greatest transformation arises not from our strategies, but from our stillness.

When we resist the impulse to entangle, we honour the sacred journey of the client. Let your...

- **questions** be clear,
- **presence** silently felt, and
- **trust** completely engulf the client.

Remember... conscious yet relaxed stillness is the precursor to maintain presence.

PS: The idea was to reflect on the following concepts:

21/06: To be ready (to Coach or Lead), you need to start!

22/06: Miyamoto Musashi - considered as Japan's greatest swordsman. Lived in 16th century.

23/06: Traditional story of a snake & its antidote to showcase one of the right means to knowledge in Indic Wisdom - *Upamana*

24/06: A perspective of The Mother (Aurobindo)'s saying to cultivate Leadership & Coaching Presence.

Pausing this series (for Coaches & Leaders) for now

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About Shanti Sharma

Shanti Sharma is an Author, Leadership Coach (ICF-PCC), EMCC Senior Practitioner, and Founder of **Grow with Satori**. With 28+ years in the Learning & Development space, she has been privileged to support individuals and organizations across industries in unlocking potential, building Leadership, and creating cultures of continuous learning.

Over the years, she has designed and facilitated Leadership journeys, coached professionals from first-time managers to CXOs, and developed people strategies aligned to business outcomes. She brings a blend of deep listening, structured thinking, and practical tools to every engagement.

She is also a certified Mentor Coach, NLP and TA Practitioner, and Board Member of ICF Bangalore.

As a certified Mentor Coach, she works closely with aspiring and practicing coaches to help them strengthen core Coaching competencies, deepen presence, and confidently move toward ICF credentials or renewal. She feels that this is one of the most meaningful parts of her work—witnessing coaches grow in clarity, skill, and confidence.

Grow with Satori was born out of a simple yet powerful idea; when people grow with awareness and intention, workplaces transform. Their programs blend Coaching, experiential workshops, assessments, and reflection tools into learning journeys that are immersive, inclusive, and built for real-world application.

Core belief: making work better—for individuals, teams, and organizations—through self-Leadership, team synergy, and holistic development.

You can reach out to Shanti through:

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Part #2

Musings as a Coachee

Foreword #2

As a teacher of the art and science of Coaching, I must admit one of the hardest truths for students to truly embrace and embody is this — that a Coach's role is simply to hold space, through questions and reflections, so that clarity can emerge for the client.

Krishna's series of posts on Coaching are like stars scattered across the night sky. Fix your gaze on just one, and it grows bigger, brighter, consuming your vision with its brilliance.

Step back, and you begin to see the entire constellation. Some days, when your mind is clouded, you may see nothing at all. Other days, when the clouds' part, the stars shine through — offering a refreshing perspective and illuminating a new path.

For a teacher like me, these posts are as much lessons for the Coach as they are for the coachee. Coaching is a shared journey, undertaken with the spirit of co-creation - so read these reflections through whatever lens that you may choose on any given day.

These writings go beyond the technicalities of Coaching competencies. While the threads of competency are intricately woven within, it is up to you, the reader, to gather those threads and shape them into a tapestry that is uniquely yours.

Savour them — they are not meant to be consumed hurriedly to fill a void.

Journey with them — they are not merely a road to take or a vehicle to board.

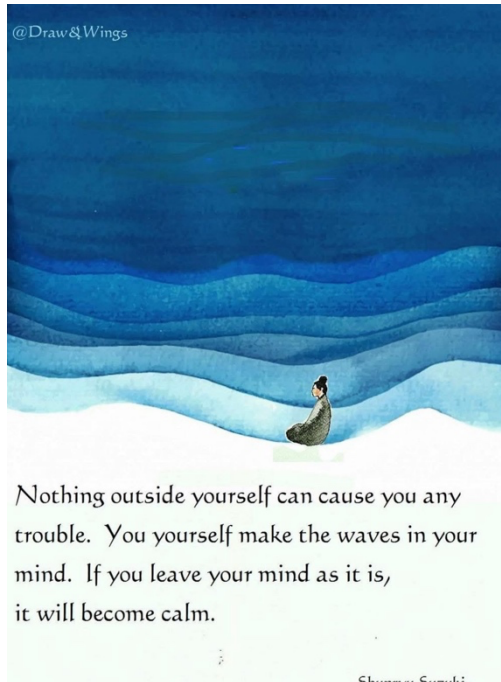
And above all, let them do what they are meant to do: invite you to pause, and reflect.

Sreedevi Raghavan

Board of Governors IIM-Kozhikode | Coach (ICF PCC) | Founder CEO - *Tattvamassi*

* a note on Sreedevi Raghavan is at the end of this section.

Post 6: (29/06/2025: Listen, explore and ...)



Today is dedicated to Ma Bhuvaneshwari (in Ashada Navaratri).

She is in-charge of space and as we know SPACE the most important component in any crucial conversation be it Coaching, life or Leadership.

It is easy to get good quality coaches today but are coachees / clients prepared to harness. NO 🙏

Many times:

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👉 we sign-up with a Coach or

👉 our organisation sets up Coaching or

👉 we get coached by a qualified colleague.

Now, visualise that you are signing up at the best gym in your locality and visiting there religiously, every day.

How do you look after 21 days? The same 🙄.

Unless you know how to derive benefit from the gym equipment guided by a qualified trainer, nothing changes.

In fact, you would be dejected, frustrated and disillusioned.

👏 Remember that Coaching works best not when the sea is calm, but when you're willing to sit with your waves with self-compassion and responsibility.

I had 4 insights from Shunryu Suzuki's words. Sharing 2 today and the rest tomorrow 🚀

🕒 1. Ownership of experience

Insight 💡

You yourself make the waves in your mind.

In Coaching sessions, this reminds you to take ownership of your thoughts, emotions, and reactions, rather than blaming external situations or people.

By recognizing that much of the internal turbulence is self-generated, you feel empowered to shift it, and Coaching for sure facilitates.

Preparation tip 💰

Reflect on situations where your thoughts may be creating more disturbance than the external facts warrant.

Bring one of these situations to the session.

2. Awareness of mental agitation

Insight

If you leave your mind as it is, it will become calm.

This encourages non-resistance and mindful observation - the core attitudes required for transformation.

Remember no Coach worth his credential will vouch for transformation as they can at best be a catalyst. You need to ...

Instead of entering the session with mental chatter, analysis, or judgment, you can practice stillness allowing deeper insights to emerge naturally.

Preparation tip

Spend just 3 minutes in practice of gentle breath awareness and 'Inner Silence' before your session.

Kindly  <https://lnkd.in/gTRqttJi> – on Inner Silence (stage 1).

Arrive not to fix or fight, but to listen, explore and reach the ideal place where you can be on that day 

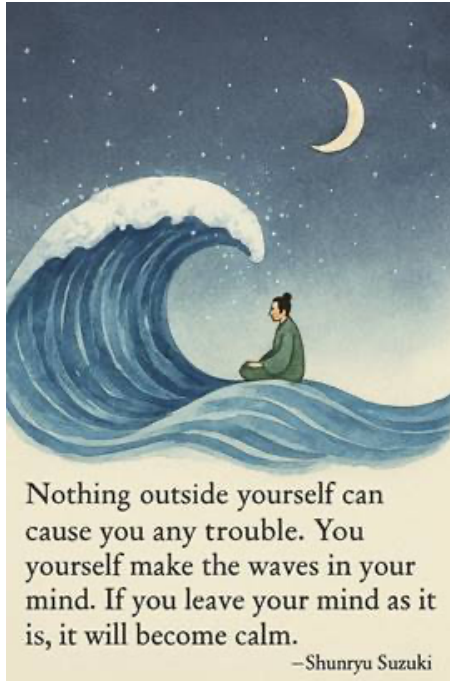
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Post 7: (30/06/2025: **Develop your own RIP!**)



Nothing outside yourself can cause you any trouble. You yourself make the waves in your mind. If you leave your mind as it is, it will become calm.

—Shunryu Suzuki

Today is dedicated to Ma Bhairavi (in Ashada Navaratri).

She is a fierce teacher who moulds the seeker through the furnace of life and intense inner work, not through cuddle 🙅🏻

It is sheer coincidence that today we are concluding the reflection on the 2nd part of Shunryu Suzuki's words.



1. Ownership from inner experience



2. Awareness of mental agitation

We reflected on the above two points through yesterday's post.

Now...

3. Recognise the (inner) source of clarity

The lone, serene figure sits amidst abstract waves, visually emphasizing the inner stillness amidst outer seeming motion.

Insight

As a coachee, this shows that clarity, direction, and peace are already within you.

The Coaching process isn't about giving answers, but helping you access that inner calm and wisdom 

Preparation Tip

Ask yourself 

What do I already know, beneath the noise?

Or if you are ready to explore deeper then...

What might emerge if I let the mental waves settle?

4. Shift from problem-focus to NOW

Rather than approaching the session with a list of problems to solve, you can come with an intention and presence to explore.

Insight

The calmer the mind, the more likely it is that breakthrough insights will arise.

Preparation Tip

You could reframe your question from: *Why is this not working?* to

What's really happening within me around this?

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🔥 Invoke the blessings and Grace of Ma Bhairavi, adopt Bhairavi Mudra for 3 minutes then prepare yourself for the Coaching session using these 4 reflection points.

The posts in this series are only guidelines...

Kindly feel free to develop your own RIP

1 R: reflection points

2 I: insights and

3 P: preparation tips

Hearty wishes. May unpreparedness RIP 🙏

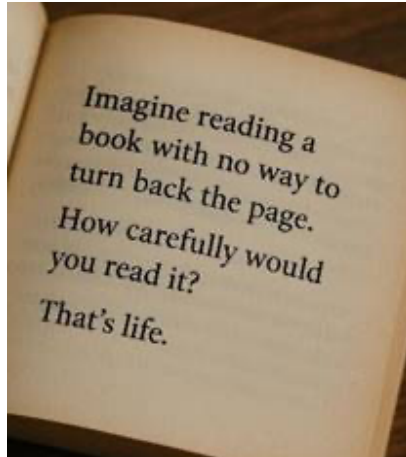
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Post 8: (02/07/2025: The false falls...)



Goddesses...

Some sing.
Some just bless.
Some give prosperity.
Some bestow knowledge.
Some protect.
Some roar.

But Dhumavati only watches.

And in that watching, the false begins to fall.

Yes, Ma Dhumavati is celebrated today, on the 7th day of Ashada
Varahi Navaratri 🙌🙌

As a Coachee, if you just learn and practice the art of waiting, then
you may end up inspiring your Coach to do the same when they are
with their Coach 😊

We gradually cultivate this quality by the practice of Antar Mouna
i.e. Inner Silence.

On that note...

The insight that the message (in the creative) gives us is that life moves only forward, and every moment counts. Unlike a book where you can re-read, life doesn't offer rewinds. So, presence, awareness, and intention become essential.

Ma Dhumavati is portrayed as old, widowed, battle tested, and taking a cue... all that's left in your life is to internalise the lessons from the past and start NOW 🔥



How this insight helps you prepare? Here we go...



Be fully present

Like reading that one-way book, come to the Coaching session with your full attention.

This is your time to reflect, grow, and gain clarity as distractions dilute that opportunity 🙄

ASK 🗣️: *What is most important for me to focus on now, knowing I can't "revisit" this exact moment later?*

Read 👉 twice as it is like tongue 🤪 twister!



Taking ownership of your journey

You are the author of your book.

The Coach is there to help you write it with clarity, not to write it for you.

Pl read again 👉

ASK 🗣️: *What chapter am I currently in? and What do I want to write in the next one?*

3 Be honest and intentional

Since you can't go back and change the past, the only place you can act is in the present 💖

How? By being honest, open, and intentional in your dialogue.

ASK 🗣️: *What am I avoiding that I need to face in this session?*

4 Reflect on consequences

Message in creative is a nudge to weigh your choices carefully. Coaching is a space to explore consequences before actions.

ASK 🗣️: What impact do my choices today have on my long-term story?

Again, all explorations need not or may not protect you from consequences but at best can prepare you 🤔

5 Commit to action

Every Coaching conversation can potentially turn into a steppingstone for the next chapter of your life.

ASK 🗣️: *What small shift will move me forward to next chapter of my life with clarity?*

PS: I can hear your mind voice, 'why did you write a booklet disguised as a post 🤔?'

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Post 9: (03/07/2025: The Power of stillness...)

Your next
move
matters
more than
your last
mistake.

Ma Bagalamukhi, the 8th of the Mahavidya is propitiated today.

Sadhana of Ma Bagalamukhi is undertaken to develop Stambhana Shakti i.e. she is the power that stills, stops, or paralyzes negativity, chaos, or harmful forces.

Through intense stillness she reveals clarity and power. She appears to have a golden radiance, symbolizing illumination, knowledge, and transformation through silence.

With this conceptual knowledge of Ma Bagalamukhi let's approach, *"Your next move matters more than your last mistake."*

Don't you think that this is a powerful framing tool for preparing mentally and emotionally before a Coaching or any crucial conversation?

#pause is the keyword here. Pause is not stop but an invite to still, reflect and proceed.

If you're a client (coachee), here's how understanding and reflecting before the session can support you in making the most of your Coaching session:

1. Shifts focus from regret to readiness

Instead of dwelling on past missteps, this mindset helps you focus on what you can do next.

Coaching is forward-looking (and it's not about punishing yourself) and prepares for progress.

ASK yourself & WRITE ✍️

- One thing you regret or feel stuck about.
- Then, one next move you could explore with your Coach.

2. Promotes self-compassion and courage

Many coachees hold back due to shame or fear from past failures.

This quote invites you to be gentle with yourself and recognize that your power lies in the present, not the past.

ASK yourself & WRITE ✍️

If I wasn't judging my past, what bold move would I consider today?

3. Opens the door to act strategically

The phrase *next move* suggests agency and planning.

I invite you to think like a chess player — considering not just any action, but the one that aligns with your long-term goals.

ASK yourself & WRITE ✍️

Given where I am now, what could be the next step?

4. Reframes the Coaching space as a lab, not a courtroom.

You are not on court trial (in Coaching); you are in a creative / safe space to design better outcomes.

Reframe the mental conversation from *What did I do wrong?* to *What can I learn and apply NOW?* WRITE 🍌

5. Helps you arrive with a purpose

Instead of rehashing old stories, you show up not to explain the past but to shape your future.

ASK yourself & WRITE 🍌

What is the next move that would make the biggest difference right now, even if it feels uncomfortable?

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Post 10: (04/07/2025: What I might need to shed to grow?)

Begin again...

Leaves fall,
Snow melts.
Everything ends
To begin again..



Today let us invoke Ma Matangi, the 9th of Dasamahavidya (i.e. 9 of the 10 great wisdom goddesses).

Let your speech be a river that flows from the mountain of silence.

As an introduction, we can safely look up to Matangi as a subtler aspect of Saraswati. So, knowledge flow is an integral and natural byproduct of propitiating Matangi 🙏

Progress often starts with endings, and every Coaching conversation is a fresh opportunity to begin again, clearer, lighter and wiser.

🧘 **Reflection:** Letting go is natural.

“Leaves fall” reminds you that it’s okay to let go, of old beliefs, past failures, or emotional baggage.

Preparation tip: Reflect on what no longer serves you

What are the “leaves” you are ready to release?

🙏 **Acceptance:** Change is constant.

“Snow melts” shows that even the harshest seasons pass.

Remember the golden words of Swami Chinmayananda, *“even this will pass away...”*

Preparation tip: Acknowledge any difficulties or emotional ‘winters’ you have been through.

Consider how they have shaped you and what new growth is possible.

🧘 **Perspective:** Endings are invitations.

“Everything ends to begin again” encourages a mindset of renewal.

Preparation tip: Arrive at the session with openness.

Instead of clinging to fixed outcomes, be ready to explore new perspectives or approaches.

🧘 **Mindset shift:** Coaching as a Cycle.

Like the seasons, Coaching is a cycle of insight, action, learning, and renewal.

Preparation tip: Don’t aim to solve everything at once.

Instead, be willing to pause, reflect, reset, and restart with clarity.

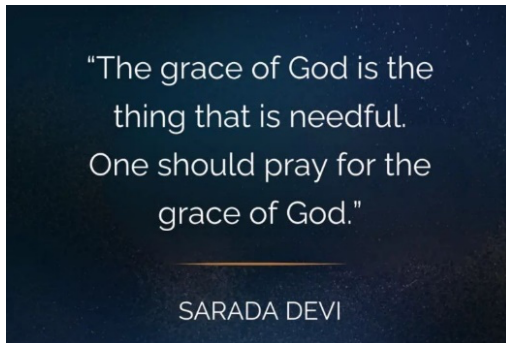
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Post 11: (05/07/2025: Tapping graceful, grounded prosperity)



Today is the last day of Varahi Navaratri where Ma Kamala is worshipped.

Kamala means 'full bloom lotus' i.e. the one that has reached the optimum potential. She invites us to realize the same!

What starts with Kali (time) culminates with Kamala (graceful, grounded prosperity).

These 10 aspects of the Divine Mother give us a framework that enables us to move from 'where we are' to 'where we wish to be.'

Yes, you guessed it - this is our next (inner) work on Indic Wisdom that we would be offering.

Right from childhood treating people's name or words that I like as acronym and attribute qualities is a pastime activity. Continuing that habit with GRACE here...

G: Ground yourself

Grace of God is all that's needed. Grounding helps to realise this fact.

What to do

Before stepping into a Coaching conversation, pause, ground to become fully present.

How to do

- Practice Pranayama, Inner Silence or just sit in silence.
- Let go of distractions by being a witness.
- Connect with your deeper intention, from spiritual heart, for seeking Coaching.

R: Real reflection leads to receptivity

You could consciously pray for Divine grace and reflect on how life has unfolded till now.

What to do

Enter the session with humility and openness, ready to receive questions from the Coach as keys that could open one lock a time.

How to prepare... Reflect on:

- What is emerging in your life right now?
- What are you resisting or not seeing clearly?
- What kind of insight or shift would feel like grace?

A: Align with aspiration

Grace invites inner alignment with truth, the highest form of integrity.

Why do

Coaching works best when your outer goals align with inner values.

How to proceed... Ask yourself:

- What matters most to me now?
- Where do I feel out of alignment?
- What kind of change would feel like a blessing?

C: Come with courage

Grace doesn't remove challenge; it transforms your relationship to it.

What happens

Growth can be uncomfortable. Grace gives the strength to explore fears, blocks, and blind spots.

How to prepare

Speak truthfully, even if it feels vulnerable. Let grace hold the space as that alone ensures you hold the ace 👍

E: Engage with energy and surrender

True grace is active and trusting. It's not a slogan but reality.

Why so

Coaching is co-creative. It requires both engagement and surrender.

How to prepare

- Bring energy to participate fully and trust the process.
- Let go of the need to control the outcome as it's force opening a flower 🌻



Ground



Reflect



Align



Courage



Engaging Surrender 😊

The QR code



The tiny URL

<https://tinyurl.com/47hw84m5>

About Sreedevi Raghavan

Sreedevi Raghavan, an ICF accredited PCC Coach; holds pivotal roles as the ***Founder & CEO of Tattvamassi*** and serves as a member of the ***Board of Governors at IIM-Kozhikode***.

With over ***25 years of corporate experience***, she excelled as a seasoned sales & strategy consultant across diverse sectors such as banking, insurance, courier services, real estate, and automobiles.

Her Leadership has consistently driven organizational success through team management, organizational development, and strategic planning.

As a ***PCC-accredited Coach*** with the International Coach Federation (ICF), she has dedicated over 1800 hours to Coaching leaders, acting as a catalyst for both organizational and individual growth.

She firmly believes in the paramount importance of recognizing the strength of any company through its people.

Beyond her corporate engagements, she fervently champions holistic wellness and personal transformation. As a licensed workshop Leader for "Heal Your Life" International (HYL) and a HYL Coach, she empowers individuals spanning various age groups.

Through her workshops and programs, she guides individuals toward unlocking their full potential and achieving elevated levels of happiness and fulfillment.

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#Coachness



Foundation for Indic Wisdom is a cultural heritage organization established in 2025, dedicated to preserving and promoting the ancient yet ever relevant Indic Knowledge Systems and its applications in daily life.

Know more: www.indicwisdom.org



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What makes this book important?

1. There are more qualified Coaches today but are the Clients equipped to harness the power of Coaching?

NO!

2. Next, there is enough money in Coaching but Coaches are mostly good only in their role, as preparing the client is not part of the syllabus in Coach Education. Thus, many struggle to facilitate or enable a client before they enter a conversation.

Unless there is a way to understand, appreciate and prepare for a conversation, majority of times the Client would walk away disillusioned.

So, it's imperative to prepare the client like how we prepare before any crucial conversation. This saves resources such as time and money.

I personally call this approach as 'informed Coaching,' and the quality to be cultivated is #Coachness.

Together this has the potential to make the profession more credible.

Welcome, let us explore!



Krishna Prakash is the Founder of Shrimath Yoga & Foundation for Indic Wisdom, Bangalore (India).

Since 2011, seekers from 45+ Countries have been walking along with him at their own pace in the journey of their self to Self discovery.

Complimentary edition



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