

Dr. Aparna Arvind
CEO, Christopher Leah Consulting, Inc.



Aparna Arvind is the CEO of Christopher Leah Consulting, a leadership development and change management consulting firm based in Maryland, USA. She has over two decades of experience, as a primary care physician, change management consultant, and executive coach working with leaders across different industries. She has an MBA from the University of Birmingham and is a Professional Certified Coach with the International Coaching Federation.

Aparna serves as a leadership development consultant with GENESIS ADVISERS, a leading global transition management firm that accelerates successful onboarding of senior leaders across Fortune 500 companies. She has helped a diverse cohort of leaders in various industries, from senior managers and directors in Technology, to C-Suite executives managing multi-billion-dollar portfolios in healthcare.

Her dedication extends beyond business through mentorship and community healthcare contributions. Aparna mentors with NVOLVE, a non-profit that helps high-potential young women from underprivileged backgrounds to successfully pursue STEM careers.

LinkedIn: <https://www.linkedin.com/in/aparna-arvind-md-mba-pcc-2448b838/>

Coaching Credentials:

Professional Certified Coach (ICF-PCC), International Coaching Federation
Certified Hogan Practitioner, Hogan Assessments (USA)
Diversity, Equity And Inclusion In The Workplace Certificate, Univ. of South Florida (USA)
Certified First 90 Days Genesis Coach and Facilitator, Genesis Advisers (USA)
Certified Executive Coach, Center for Executive Coaching (USA)
Certified Emotional Intelligence Practitioner, Genos North America (USA)
Certified Everything DiSC Practitioner, Authorized Everything DiSC Partner, Wiley (USA)
Certified Change Management Practitioner, Prosci (USA)

Areas of Expertise:

Emotional Intelligence & Mental Fitness
Executive Strategy and Alignment
Influential Leadership
Leadership Effectiveness
Leadership Transitions (First 90 Days) and Accelerated Onboarding
Leading Organizational Change
Navigation of Workplace Relationships
Strategic Thinking
Team Effectiveness
Work/Life Balance