

## Mita Shah Bhagat

*Co-founder, coach, Leadership for the Future*



Mita Shah Bhagat is an ICF Certified Professional coach (PCC) with 20 years of multicultural experience, who helps people live a balanced and fulfilling life. She helps her clients replace 'having it all' with 'having what truly matters to them.'

Mita specializes in guiding leaders, both seasoned and emerging, in cultivating a dynamic and innovative mindset. Her expertise extends to facilitating challenging conversations, fostering self-awareness regarding potential self-imposed barriers and their impact on others. Mita empowers leaders to authentically navigate their professional journey, achieving tangible results while fostering a culture of kindness, compassion, and love in their connections with both

themselves and others. Through purpose-driven leadership, she strives to inspire individuals to lead from a profound sense of purpose.

**LinkedIn:** [www.linkedin.com/in/mita-shah-bhagat-pcc-3667728](https://www.linkedin.com/in/mita-shah-bhagat-pcc-3667728)

### **Coaching Credentials:**

ICF - Professional coach certification

National Board Health and Wellness coach certification

American College of Lifestyle medicine Certified Coach

### **Areas of Expertise:**

Agility and Innovation

Career Exploration

Core Value Identification

Conflict Management

Diversity, Equity, Inclusion, and Belonging

Effective Networking

Emotional Intelligence

Executive Strategy and Alignment

Leadership Effectiveness

Navigation of Workplace Relationships

Team Building & Optimization

Work/Life Balance