



## Manju Vekaria

### EXECUTIVE COACH AND FACILITATOR

Manju is passionate about helping people to achieve more for themselves, through a focus on wellbeing and resilience and strengths-based work. With over 15 years leadership development experience working in diverse industry sectors and cultures, Manju understands the demands and requirements to succeed in fast and highly pressurised environments.

As a facilitator and coach, Manju enjoys working with individuals and teams to create the right conditions where they can achieve a healthy high performance. She is accredited in a number of psychometrics to enhance self-awareness and help clients develop workable strategies to realise their true potential.

Manju creates an inclusive and collaborative space for individuals to challenge their own thinking, whilst developing the confidence to explore new ways of being. She works with a style that is pragmatic, approachable and genuine, where individuals and groups develop their mindsets and act on the opportunities that cultivate positive change.

Primary expertise	Related experience	Qualifications
<ul style="list-style-type: none"><li>• Resilience and Wellbeing</li><li>• Coaching</li><li>• Mental Health</li><li>• Mindfulness</li><li>• Leadership and management</li><li>• Emotional Intelligence</li></ul>	<ul style="list-style-type: none"><li>• Programme design and delivery</li><li>• Facilitation and training</li><li>• Team development</li><li>• Strengths-based assessments</li><li>• Yoga and mindfulness</li></ul>	<ul style="list-style-type: none"><li>• Qualified Mental Health First Aider</li><li>• Certified coach - NeuroLeadership Institute</li><li>• Accredited practitioner in Myers Briggs Type Indicator™ (MBTI Step I)</li><li>• Accredited practitioner in Emotional Capital Report™ (ECR 360)</li><li>• Accredited practitioner in Strengthscope™</li><li>• Accredited WRAW resilience practitioner</li></ul>