



NEELU KAUR

LEADERSHIP + WELLNESS

PRODUCTIVITY + PEACEFULNESS + PURPOSE = PROFIT

At the intersection of leadership and wellness, I offer leadership coaching, customized training and employee wellness programs to help individuals and organizations be more productive, peaceful, and purposeful resulting in organizational profitability and individual success.

PRODUCTIVITY

Giving & Receiving Feedback

Create a culture of continuous improvement by giving & receiving feedback effectively

Navigating Difficult Conversations

Learn influencing language patterns to navigate challenging conversations

Communicating Across Cultures

Effectively communicate with internal and external stakeholders from diverse cultures

Boost Productivity through Yoga Nidra

Increase energy levels and mental functioning with a guided deep relaxation practice

Manage Up or Down

Flex your leadership and communication style for maximum productivity of team

Managing Unconscious Bias

Increase awareness, understand impact, & learn ways to counteract unconscious bias in the workplace

PEACEFULNESS

Create Cohesive Teams Through the Five Languages of Appreciation

Learn your primary language of appreciation and how to effectively flex to other's preferred language so each team member feels valued

Thrive At Work With Good Sleep Hygiene

Learn proper sleep hygiene techniques that rejuvenate the mind & body to be more productive and focused

Be Here NOW

Manage stress through simple mindful techniques using the five senses throughout the workday

Mental Agility through Mindfulness

Become more focused, productive, & resilient by learning & implementing simple breathing and meditation techniques

Decrease Physical Stress Through Yoga

Motion changes Emotion. Learn simple yoga postures to help manage stress throughout the day

Harmonize your Rhythm with Ayurveda

Optimize performance by aligning your daily routines with the rhythm of nature through diet and lifestyle modifications

PURPOSE

Communicate with Confidence

Communicate effectively and present like a pro with individuals, small groups, or large audiences to increase impact

Magnify your Personal Brand

Align your distinctive attributes with your core values to stand out

Understand Your WHY

Learn your WHY to align core values with your life purpose

Individual 1:1 Transformational Coaching

Customized coaching sessions to help you break through self-limiting beliefs that are holding you back professionally or personally



About Neelu Kaur

Neelu Kaur is a Corporate Facilitator, Leadership & NLP (Neurolinguistic Programming) Coach, and Stress Management Specialist. She holds a BS from NYU's Stern School of Business, an MA in Social & Organizational Psychology from Columbia University, and is a certified NLP Practitioner and Coach from the NLP Center of New York. Neelu has 15 years of experience specializing in Adult Learning & Leadership Development in large organizations ranging from Financial Services, Consulting, to the Tech Industry. She is a certified Yoga Instructor, Ayurveda Specialist, and an Ericksonian trained Hypnotherapist focused on bringing mindfulness and stress management practices to individuals, teams, and organizations.

For more information, visit www.neelukaur.com or email neelu@neelukaur.com