

Anjali Garg

EXECUTIVE COACH TO LAWYERS AND OTHER PROFESSIONALS

Anjali Garg, founder of YOUR COACH TO SOAR LLC, helps lawyers and other professionals enhance their performance by reclaiming their balance and energy.



- Anjali is a certified professional coach with 24 years of experience as a top-performing corporate lawyer and executive leader, including at Sullivan & Cromwell, American Express, Citibank (AGC) and State Street (MD).
- As a busy professional, loving mom, WOC and immigrant, Anjali understands the unique challenges of high-achieving professionals who are self-made, work in high-pressure careers and juggle caregiving responsibilities.
- Anjali uses a holistic approach (combining tactical tools + subconscious mindset reset + energy healing) to help her clients drop limitations, unlock possibilities and reclaim their balance and energy.
- Credentials: JD (NYU School of Law); ACC (ICF); CPC (iPEC); ELI-MP (iPEC); COR.E Leadership Dynamic Specialist (iPEC).

Anjali specializes in helping lawyers and other professionals enhance performance by dissolving resistance in their work/life. Her clients effort LESS and have MORE ease, success and personal freedom. **Her coaching expertise includes:**



Time Management and Prioritization



Raising Your Profile and Showcasing Potential



Communication Skills and Navigating Conflict



Leadership Skills and Relationship Building



Career/Life Transitions (Vol. and Invol.)

YOUR PERFORMANCE = YOUR ENERGY - YOUR RESISTANCE

SERVICES (for Individuals and Organizations):

Assessments (Self and 360): Gain unique insights into your leadership strengths and blind spots, so that you can be a more effective leader and bring the best out of yourself and your team, especially under stress.

Executive Coaching: Tailored 1:1 coaching packages help you: gain clarity; enhance your leadership skills; shift limiting mindset; dissolve obstacles to your success, growth and well-being; and create and implement goals with accountability.

Small Group/Team Coaching: Facilitated small group (5-10 people) coaching sessions designed to help your group/team build trust; resolve conflicts; work more effectively and efficiently together; and value and leverage each other's strengths.

Ignite Your Abundance Mindset Program: 12-week live cohort of 3-5 high-achieving professional women desiring to shift from burnout to balance.

Workshops: Virtual and in-person interactive workshops on topics including leadership, career advancement, wellbeing and DEIB for law firms, corporations and other organizations.

FEATURED IN (clickable links):



CONNECT WITH ANJLI:
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"When you are soaring, it's effortless. You're one with your energy, and ease and joy just flow."