



# Neelu Kaur

## PROFILE

Neelu is a Facilitator, NLP (NeuroLinguistic Programming) Executive Coach, & Stress Management Specialist. She is a certified NLP Practitioner and Coach from the NLP Center of New York.

She 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 certified Yoga Instructor, Ayurveda Specialist, and an Ericksonian trained Hypnotherapist focused on bringing mindfulness and stress management practices to individuals, teams, and organizations.

## EDUCATION

Columbia University, New York, NY  
M.A. Social & Organizational Psychology – May 2009

New York University, New York, NY  
B.S, Double Major: Marketing & Finance; Minor: Psychology

## CONTACT

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## WORK EXPERIENCE

### **Author & Facilitator, NLP & Executive Coach, Wellness & Stress Management Expert**

1/13–present

Serve as a subject matter expert in curriculum design, delivery, and facilitation

- Design and deliver engaging interactive fun learning experiences for leadership development and mental well-being using the Scaling Intimacy Methodology
- Clients include: YPO, RBC, Google, IPG, Guidehouse, Capco, Volante Technologies, Salesforce, Jefferies, Facebook, Refinitiv, LifeStraw
- Partner with Affiliates: SNP, Simplified Coach, Gleow, & Coaches Rising

Serve as an executive coach for high performers using NLP, Conscious Leadership, & Leadership Embodiment Methodologies

- Areas of Focus:
  - Managing Difficult Conversations
  - Feedback & Performance Review Conversations
  - Team Dynamics
  - Communicating with Influence
  - Building Rapport with Stakeholders
  - Listening to Understand
  - Flexing Leadership Muscles
  - Self-Promotion / Advocacy
  - Personal Branding
  - Limiting Beliefs
  - Stress Management Mental Well-Being
- Clients include: Google, Volante Tech, Deloitte, E&Y, Ascension Living, Entrepreneurs starting their own business

### **Deloitte, New York, NY - Learning Manager**

2/15–8/15

Served as a learning manager in the Consulting Talent Development Practice

- Managed and redesigned curriculum for the Core Curriculum Leadership Portfolio
- Managed delivery components of milestone programs (Executive Presence, Sr. Manager Live Series, Building Eminence)

### **Bluewolf, New York, NY – Talent Coach**

4/14–11/14

Provided professional development coaching and training to executives & employees throughout the organization

- Created, developed, and delivered a Management Academy curriculum to ensure top leaders were well equipped to effectively manage teams and individuals (topics include: Emotional Intelligence, Facilitating Meetings, Time Management, Communication Styles, Mindfulness & Engagement)
- Created, administered, and analyzed survey results to continuously improve and measure success of learning initiatives

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## COACHING / FACILITATION

## CERTIFICATIONS

- NLP (NeuroLinguistic Programming) Coach & Master Practitioner
- Conscious Leadership – Coach Intensive
- Resilience to Brilliance – Leadership Embodiment
- Neuroscience of Change – Coaches Rising
- Words that Change Minds LAB Profile Practitioner
- Experience Design – Scaling Intimacy

## WELLNESS CERTIFICATIONS

- Science of Happiness
- Ericksonian Hypnosis Level 1 & Master Practitioner
- Mindscaping Hypnotherapy
- Ayurveda Holistic Health & Wellness Counselor
- 600+ hours of Yoga Training
- Classical Yoga Nidra

## WORK EXPERIENCE (CONTINUED)

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### **TIAA, New York, NY – Org Effectiveness / Talent Management Consultant** 4/13–9/13

Managed a human capital program to align strategies with organization mission

- Managed the design and execution of a senior leadership succession plan to ensure high performers were internally recruited and developed for career advancement
- Developed a pilot proposal for an internal mobility program to build a performance based organization by developing, motivating, and rewarding high performing employees

### **Morgan Stanley, New York, NY – Vice President, Organizational Effectiveness / Talent Management** 2010–2013

Developed competency skill mapping, managed select firm-wide training initiatives and contributed to recruiting and DE&I program development

- Managed a global training team, including the creation of training materials and facilitation of system and conceptual trainings for over 2,000 users
- Managed the roll-out of a firm-wide internal Mobility Program to improve employee retention, increase awareness of the internal job market and promote a positive culture of mobility
- Managed the roll-out of a firm-wide Mentoring Program to help new employees integrate into the division, develop a broader network and create a culture of coaching and collaboration
- Contributed to DE&I education efforts, including the development of training, tools and resources to develop and enhance diversity leadership and cross-cultural competency

## PUBLICATIONS

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- Published Author: Be Your Own Cheerleader- An Asian & South Asian Woman's Guide to Self-Promote at Work
- Research Assistant & Co-author with Columbia University Professor for an article in ROCD (Research in Organizational Change & Development) – Publication available in Volume 18, June 2010

## TECHNICAL PROFICIENCIES & CERTIFICATIONS

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- Mac OS X & Mac Office Suite
- Microsoft OS & MS Office Suite
- Squarespace
- Survey Monkey
- Mailchimp

## INTERESTS

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- Yoga & Meditation Practitioner / Teacher
- Continuing Education
- Avid Reader
- Nature Walks