

Transform with Rachna: You Deserve to Know You.

This isn't just coaching. This is your turning point.

You've been everything for everyone —

Now you're silently asking, *"What about me?"*

At **Transform with Rachna**, we help high-achieving professionals 35+ break free from burnout, emotional overwhelm, and identity loss.

Through the **S.E.L.F. Method™** and **The Ultimate Quest™**, we guide you back to your power, your purpose, and the version of you that was never lost — just buried.

No more holding it together.

It's time to come home to you.





1:1 Executive & Leadership Coaching

For women and men 35+ ready to rise into values-aligned leadership. Shift from high-performing to **whole-being leadership**.

Personalised Deep-Dive Coaching

Embark on your ultimate quest with coaching tailored specifically to your leadership journey and personal growth goals.

Authentic Impact

Develop deep self-awareness that translates into genuine leadership presence and meaningful connection with your team.

Inner Authority

Move beyond perfectionism, people-pleasing, and burnout to lead from a place of confidence and inner wisdom.



The Transform with Rachna Academy

Your journey. Your pace. Your transformation. For men and women over 35, ready to reconnect, reset, and rise—at your own pace.

Signature Programs

Experience our transformative [The Ultimate Quest](#), **S.E.L.F. Method** and **M-Empowerment Path**, designed to facilitate profound personal and professional growth.

Self-Inquiry Tools

Access reflective exercises and guided integration practices that deepen your understanding of yourself and your leadership potential.

Community Support

You don't have to do this alone—healing happens faster in community. Join group coaching sessions that offer both personalized attention and communal support.

Start when you're ready, grow at the speed of your life.

Speaking, Workshops & Keynotes

Inspire, energize, and move your audience into meaningful action with tailored experiences for corporate teams and women-centric communities.

Meta Dynamics™ Profiling

Deep dives into unique thinking styles to unlock growth potential and enhance team dynamics.

Self-Leadership Workshops

Interactive sessions on success principles, emotional mastery, and authentic presence in the workplace.

Custom Keynotes

Powerful presentations tailored to your organisation's specific challenges and opportunities.



Group & Community Coaching

Come as you are. Leave with tools, clarity, and transformation.



Principles of Success

Discover the foundational elements of presence and purpose that drive sustainable achievement and fulfillment.



Self-Love & Identity

Reconnect with your authentic self through guided practices that foster self-compassion and clarity of purpose.



Boundaries Without Guilt

Learn to establish healthy boundaries that honor your needs while maintaining productive relationships.



Emotional Mastery

Develop skills for emotional integration and resilience, especially during times of transition and challenge.

Our specialized groups focus on specific areas of personal development, providing a collaborative environment for deeper insights and accountability. Support each other's growth in a safe, nurturing community.



Because You Are Worth It... to You

Ready to begin your transformation journey?

Personalized

Tailored approaches that honor your unique path and pace of growth

Transformative

Evidence-based methodologies that create lasting change

Supportive

Community-focused approach that accelerates healing and growth

Contact us today to discover which program aligns with your leadership journey.