

Saru Gupta

<https://sarugupta.com>



Saru Gupta is an embodied leadership coach, writer and speaker supporting corporate & medical professionals to activate their body wisdom, emotional intelligence and bring the unseen to the conscious. She is influenced by eastern and western cultures equally having lived and worked in three countries - India, USA, and Australia. Her prior career includes 12+ years in corporate consulting.

She is doing her Master's in Applied Positive Psychology from Melbourne University with a research focus on embodied leadership. Her own childhood experience has prompted her inquiry into the impact of different cultural upbringings, attachment styles, nervous system responses and how these affect decision making as adults.

Saru has had a daily meditation practice since 2016. She started mentoring with Jess in 2017 and was part of her year-long "In Your Own Skin" program in 2019.