

Coaching with Rahul

Brief Overview and Benefits

COACHING METHODOLOGY

Coaching is the art of unlocking your best self by means of high-quality, impactful and vulnerable conversations. Rahul utilizes the Berkeley model of **non-Directive coaching** which is based on asking open-ended questions and truly being open to outcome.

Executive and leadership coaching is a great fit if you want to:

- achieve a particular goal in your career or in the workplace.
- overcome a challenging situation with colleagues or a manager.
- navigate tough changes facing your organization.
- explore what is next in your career path.

Certified as an Executive Coach by the Berkeley Executive Coaching Institute **Rahul Kuruvilla** (<https://www.linkedin.com/in/rahulak/>) brings 20+ years of experience as a Leader to you through his coaching Practice. He focuses on the following areas:

- **Leadership**
- **Career Transition**
- **Developing Executive Presence**
- **Becoming Decisive**
- **Controlling emotions**
- **Taking Calculated Risks**
- **Delegating Effectively**

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OVERVIEW OF COACHING ENGAGEMENT

Coaching is part science and part art. You can have the most experienced coach but if there is no Connection between the Coach and the Coachee - the outcome will not be the best.

The following quote by Harrison Owen is something Rahul firmly believes and is the basis of his coaching philosophy.

“Whoever comes is the right people.

Whatever happens is the only thing that could have.

Whenever it starts is the right time.

When it is over, it is over.”

Rahul would like to be your sounding board to discuss ideas, thoughts, concerns in a Non-Judgmental manner. Each coaching engagement will follow the Principles of the **TGROW Model** and appropriate frameworks to come to the outcome that you are meant to get to.

First Trial Session

- The first 30-minute trial session is an opportunity to clarify goals and get familiar with Rahul’s coaching style.
- The coachee is encouraged to understand Rahul better and see if he is the right fit.
- Everything you say in the trial and subsequent sessions is **confidential** and hence you can truly be open right from the outset.
- If the first session feels right to you, then future sessions can be scheduled as per mutual availability (In person or by Zoom)

WHY RAHUL?

Each Coach brings a unique approach and style while using a general framework.

- Rahul brings his 20+ years of experience as the Leader of an IT company that he founded and grew to 100+ employees. He uses his practitioner experience and coaching skills to help you achieve your goals.
- Each engagement is unique and specific to a coachees unique need. The goal is to help the coachee using appropriate techniques/frameworks to come to an outcome which they are in sync with.

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Below is feedback from some of Rahul's coachees.

Received

Given



Arpun Nagaraja · 1st

Using Technology to Enable Marketing

September 4, 2022, Arpun was Rahul's client

I have had the opportunity to work with Rahul as an executive coach for the past five months. One of his most prominent qualities is his ability to actively listen and gain a deep understanding of whatever situation I am facing. He offered a fresh perspective about me that I never considered, and it helped me reframe the way I think about my own personality. He is always prepared for our sessions and asks the right questions to keep me on track with the things I have committed to - even if I have forgotten them myself. Most importantly, he is extremely kind and thoughtful. If you get the chance to work with him, I highly recommend it!



Shalini Reddy · 1st

Director, Global Contingent Workforce Solutions

July 8, 2022, Shalini was Rahul's client

Rahul is an experienced leader and Coach. Rahul has empowered me to clearly identify the areas on which to focus in order to bring the greatest benefit to my career. He is extremely knowledgeable and an incredible listener

Rahul has an amazing ability to connect and empathize, while holding you accountable.

My coaching sessions have been extremely rewarding and highly recommend Rahul as your next Executive Coach.



Carlos Rocca · 1st

Head of Agencies at Google

All LinkedIn members

On

Working with Rahul on a few coaching sessions was fantastic and enlightening. The methodology, frameworks and exercises he employed were extremely useful to gain perspective on my personal history and illuminate current and future objectives, both professional and personal. As a facilitator he is extremely relatable and knowledgeable, always drawing on personal experiences to enrich and guide the sessions. It made the process easy, fluid and fun. Overall a great experience, from which I am still learning and progressing. Thank you, Rahul.



Carlos Ramos · 1st

Product and Program Consultant, MBA, PMP, POPM | Strategy | Planning | Execution

December 21, 2021, Carlos was Rahul's client

All LinkedIn members


On

Rahul is a well rounded accomplished professional that combines his experience and personal qualities into excellent executive coaching skills. He has the ability to provide an introspective lens and see yourself from the outside in. I highly recommend Rahul as a trustworthy career coach.

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Sahin Hoque  · 1st

Client Partner at Spotlight | Analyst Relations

September 21, 2022, Sahin was Rahul's client

I've had the pleasure of working with Rahul as my executive coach. He is a warm presence and always brings a sense of optimism and clarity to our sessions. Rahul is as good of an active listener that I've seen and I feel better after meeting with him. As a coach, he does a great job of not telling me what to do/giving me the answers/etc. but acts as a guide for me, like a nature guide shining a flashlight in the forest at night illuminating the options. I highly recommend that you work with Rahul as your executive coach!



Lalitha Visveswaran · 1st

Farmer. Founder, Hundred-Acre-Hub.(Small Acreage Ag Automation and Robotics)

September 15, 2022, Lalitha was Rahul's client

I had the opportunity to work with Rahul in the past four months during a period of career transition. He is a patient listener. He helped to bring forth my vision so I could give it form and structure. I really appreciated how he was able to tease it out of me without overly influencing my thought process. This meant that I had to pivot multiple times to further refine the initial crude outline. His patience and gentle insistence to not give up on my original intent helped me to stay on track. I would recommend Rahul to anyone who is ready to put in the work and be held accountable. He wasn't just a patient listener, he also came prepared about the subject matter for every session. He will be the mirror that will reflect the strengths and weaknesses of your vision. An opportunity to work with Rahul will be beneficial to anyone who is seeking a thoughtful and knowledgeable Executive Coach.

CONTACT ME

If you are looking to invest in finding the best version of yourself – then schedule a Trial Session by emailing rahulkuruvilla@triuneinfomatics.com or [click here to access my calendar \(https://calendly.com/rahulkuruvilla\)](https://calendly.com/rahulkuruvilla)

Each coaching engagement is Unique, but clients typically commit to a 3 or 6-month package and attend sessions **twice monthly**.

UC BERKELEY
EXECUTIVE EDUCATION



This is to confirm that

Rahul Kuruvilla

is granted the distinction of

Certified Executive Coach
by the Berkeley Executive Coaching Institute

September 30, 2022

A handwritten signature in black ink that reads "Mark Rittenberg".

Mark Rittenberg, Faculty Director

Berkeley Executive
Education

A handwritten signature in black ink that reads "Ann E. Harrison".

Dean, Haas School of Business

BerkeleyHaas