

Sandra Colhando



Sandra Colhando is an International Facilitator & Leadership coach with 2 decades of experience in helping people and companies grow consciously.

Sandra specializes in working with organizations in embracing **daring leadership**, acknowledging courage through vulnerability as a way to create strong **collaborative** units, build **gender quality** through women empowerment, diversity and **culture change** initiatives.

Sandra's unique, results-based approach lies in her highly experiential sessions - coupling deep transformational methods of Gestalt with the more scientific methods of **Neuroscience** and **Cognitive behaviour** for people to realise their '**unconscious**' biases; create courage for themselves to break barriers and rise strong.

Sandra has authored a few E-books: 'My Power' is about unleashing the successful woman within us and 'MindFlex' is realising the mindtraps we fall into and creating a highly powerful mindset.

Apart from working with large international companies, Sandra has facilitated some unique leadership development programs globally for **United Nations** and has also trained and coached a global team of UN facilitators.

Sandra has been invited to speak at multiple conferences, universities and **TEDx** events on changing Mindsets, unleashing the power of Fear, Self-care and finding Purpose. She has authored many articles and blogs, some of which are published in magazines like People Matters, Silicon India and on the International Coach Federation Global website.