



TRANSFORMATION  
LAB

NURTURING GROWTH WITH GRACE  
AND PURPOSE

TRANSFORMING  
PERSPECTIVES &  
EMPOWERING POTENTIAL.

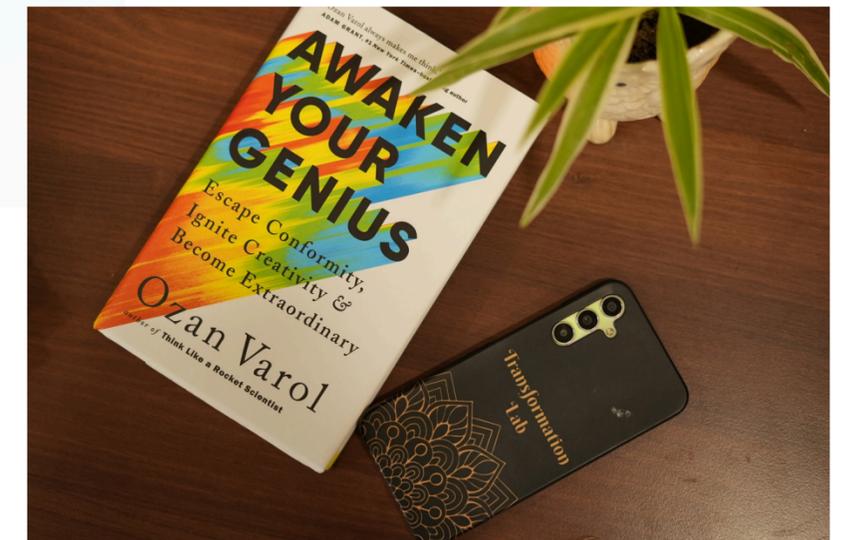
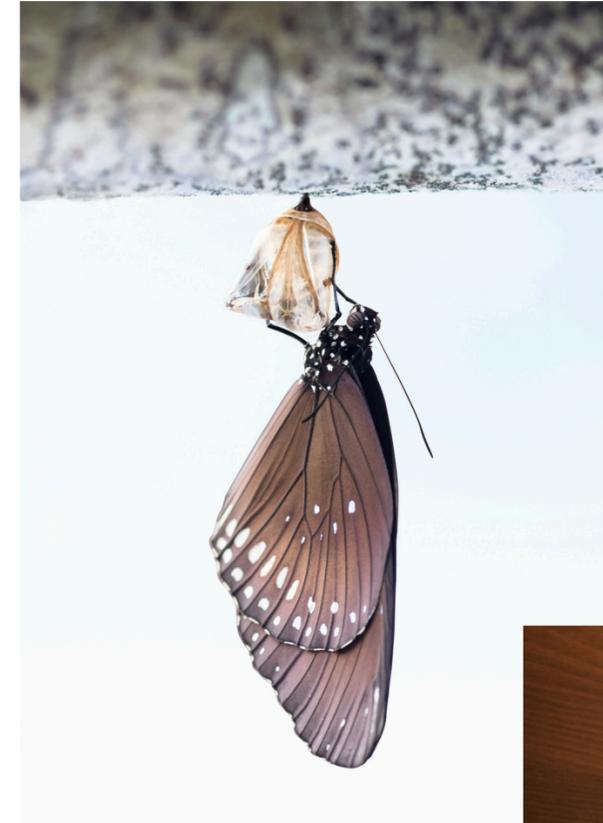
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# Transforming Skills, Shaping Futures

At Transformation Lab, we believe true transformation occurs when individuals are empowered to grow and lead in inclusive and supportive environments.

Our training and development approach focuses not just on building skills but on fostering a growth mindset, empathy, and a culture of continuous improvement.



*Transformation begins with understanding people and guiding them to their highest potential.*

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# Coaching and Leadership Development

## Executive Coaching



- **How:** One-on-one coaching for senior leaders, focusing on strategic thinking, decision-making, and personal growth.
- **Tools:** Leadership diagnostics, scenario planning, and tailored action plans for organizational impact.

## Empathy Emotional Intelligence



- **How:** Developing self-awareness, emotional regulation, and empathetic leadership through reflective practices and NLP techniques.
- **Tools:** EQ tests, empathy exercises, and guided mindfulness sessions.

## Career & Personal Development Coaching



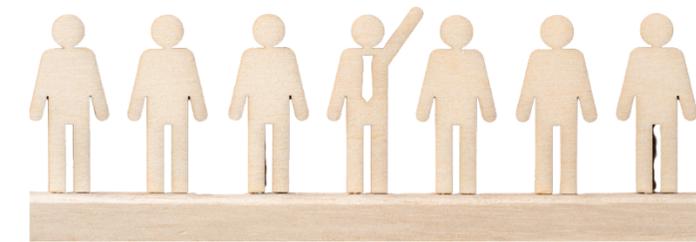
- **How:** Empowering individuals to align personal goals with professional aspirations through skill-building and mentorship.
- **Tools:** Goal-setting matrices, career roadmaps, and self-assessment tools.

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## Leadership & Management Development:



- **How:** Equipping leaders with the skills to inspire, manage change, and drive high-performing teams.
- **Tools:** Behavioral assessments, situational leadership frameworks, and management case studies.



## Team Coaching:



- **How:** Enhancing team dynamics, collaboration, and collective problem-solving through experiential learning.
- **Tools:** Team assessments, trust-building activities, and conflict resolution frameworks.

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## About Simran Sharma

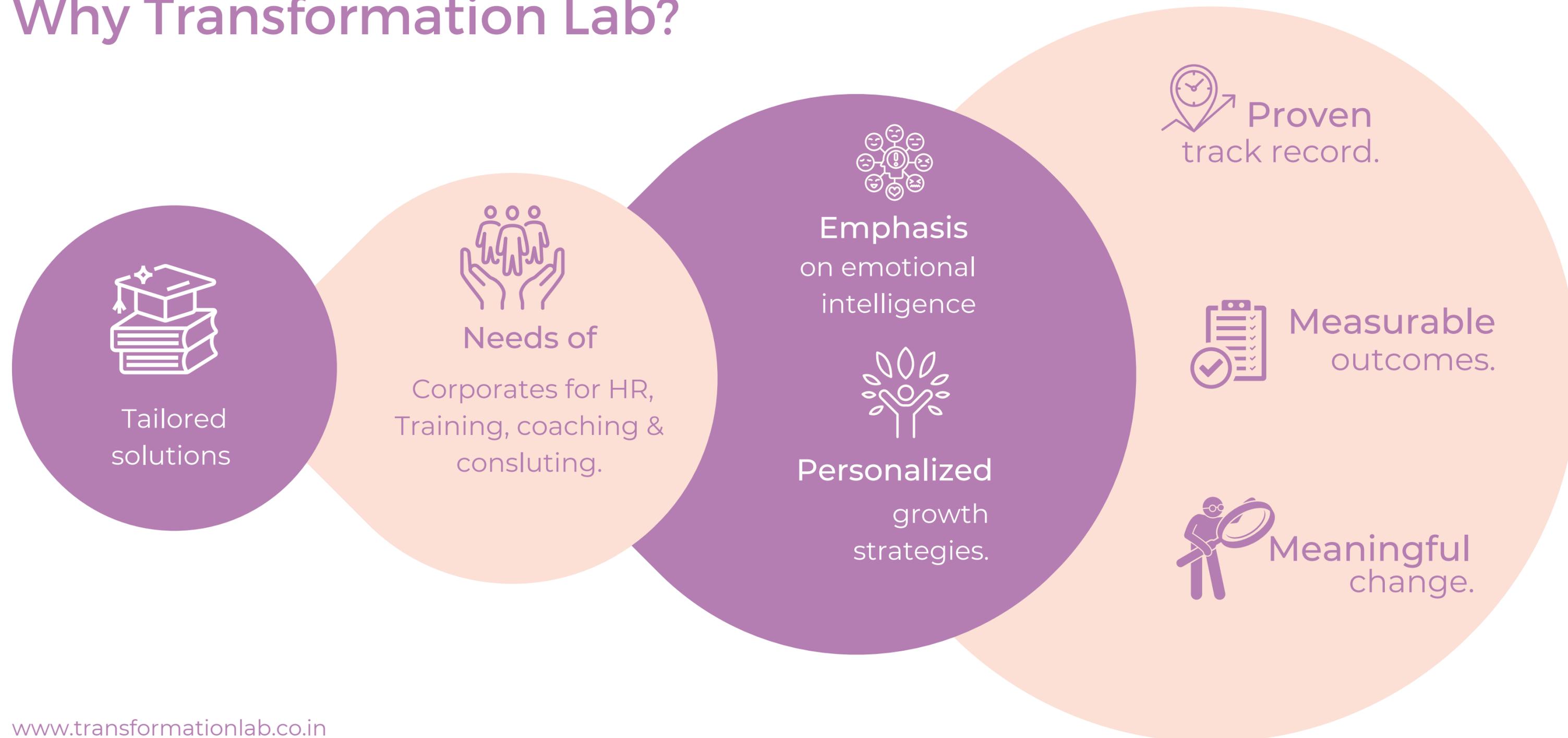
Simran is a dynamic HR leader with over 17 years of experience, driven by a passion for empowering individuals and organizations to achieve exceptional success. Throughout her career, she has earned numerous accolades and medals for her professional excellence and impactful work as a social activist. Her expertise spans talent strategy, goal setting, diversity and inclusion, digital learning, and employee engagement, making her a catalyst for transformative change.

In her most recent role as HR Head at Hero Group, Simran launched a new chapter of her career, expanding her vision to empower people globally, not just within a single organization. Her leadership, coupled with certifications in NLP, POSH Training, and Life Coaching, enables her to inspire and drive change on a larger scale.

Simran's mission is clear: to foster leadership that transforms lives, empowers people across the globe, and creates a ripple effect of Positive Change

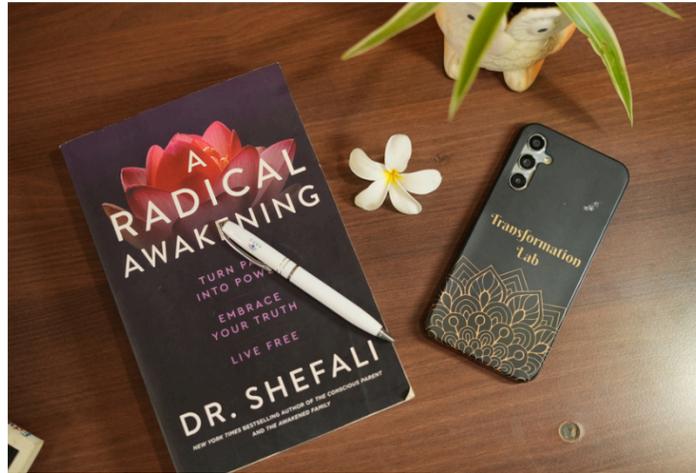


# Why Transformation Lab?





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## Partner With Us

Let's create transformative experiences together.

### Contact:

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