



KEYNOTE SPEAKER · COACH · WORKSHOP FACILITATOR



Take a look!



Great interactivity and relevance. Good tips to walk away with.

Participant in Distracted to Discerning Workshop at the Seramount Conference NYC

CLIENTS



Neelu Kaur

Short Bio

Neelu is a highly sought after keynote speaker, published author, workshop facilitator, and executive coach focusing on leadership development, self-advocacy, and burnout management for Fortune 500 Enterprises such as Sony Music, Google, E&Y, RBC, & Jefferies

Long Bio

Neelu is a highly sought after keynote speaker, workshop facilitator, and executive coach focusing on leadership development, self-advocacy, and burnout management for Fortune 500 Enterprises teams such as Sony Music, Google, Ernst & Young, RBC, and Jefferies. Neelu holds a BS from NYU's Stern School of Business, an MA in Social & Organizational Psychology from Columbia University and is a certified NLP Master Practitioner and Coach from the NLP Center of New York. She has 15 years of experience specializing in Adult Learning & Leadership Development in Tech, Financial Services, and Consulting. She is an author, speaker, facilitator, and executive coach focusing on leadership, self-advocacy, and burnout management for teams, organizations, and individuals. In 2023, Neelu published her first book, 'Be Your Own Cheerleader,' which focuses on self-advocacy for Asian & South Asian Women. The practical tips and advice in Be Your Own Cheerleader can benefit anyone that struggles with self-advocacy, including underrepresented voices, introverts, and neurodivergent people.

Neelu Kaur | Leadership + Wellness

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