



SANDEEP AMAR GUPPTA

Leadership Mastery, Transformative Presence & Growth Catalyst

(Human-Potential Coach, Business Mentor, Design-Thinking Expert & Speaker)

Founder: *Breaking Growth Barriers*

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Sandeep Amar Gupta is a distinguished human-potential coach, business mentor, design thinker, and keynote speaker with over 40 years of experience driving growth and transformation. Known as a **Growth & Transformation Catalyst**, he partners with leaders, professionals, and businesses to **identify and break through growth barriers to build thriving futures**. His expertise includes fostering transformative leadership & presence, promoting organizational mindfulness, creating high-performance teams, and turning challenges into strategic opportunities. Blending deep business acumen with mindfulness & emotional intelligence practices, Sandeep's innovative **SHE Triangle Framework** (*Spiritual Dimension + Human Potential + Economic Strategies*) has empowered organizations and individuals worldwide to achieve sustainable success and transformation.



Core Expertise

- Breaking Growth Barriers (personal & business)
- Human Potential & Leadership
- Mindfulness (incl. Org. Mindfulness) & Emotional Mastery
- Design Thinking for Leaders and Speakers
- Presence & Presentation



Unique Approach: Business Meets Spirituality

Sandeep's holistic method **SHE Triangle** is rooted in his belief: *"To thrive in life, an integrated approach is essential—nothing less works, and nothing more is required."*



Sandeep as a coach, mentor & trainer

In his 40+ years, Sandeep has coached, mentored, and trained thousands in India and abroad. His clients—including executives, educators, and entrepreneurs—consistently experience **transformative shifts** in how they think, perceive, and act.



Sandeep as a Speaker and Educator

Sandeep is celebrated for his clarity and practical takeaways, having delivered talks on prestigious stages in India and abroad, including:

- Oxford University, UK
- The Science of Consciousness, India & Italy
- International Society for Universal Dialogue, Romania & Poland
- Multiple corporates and Institutes of higher learning in India



He has taught:

- Strategic Management at BITS Pilani
- Theology at DEI Agra
- NeuroLeadership at Ubbiquo Business School, Miami

Recognition and Affiliations

Sandeep has received numerous awards for his work in leadership, organizational culture, consciousness and professional speaking –

- India Achievers Award 2022
- PSAI Spirit of Service Award 2023
- PSAI President's Award 2024

He has served as:

- Ex President, Delhi Chapter of the Professional Speakers Association of India (PSAI)
- Chairman, PSAI's Professional Speakers Summit 2024
- Treasurer & National Executive Committee Member, PSAI (2024-25)

Credentials

Sandeep is a Chartered Accountant with additional qualifications in:

- Coaching (ICF)
- Theology
- Design Thinking
- Mindfulness
- Appreciative Inquiry
- Interpersonal Neurobiology

Personal Philosophy

Living in Delhi with his wife, Sandeep attributes his success to a life rich in diverse experiences, deep empathy, and wisdom. His **unique integration of economics with spirituality** helps clients realize their full potential, overcome challenges, and achieve lasting success in life and business.

Contact Sandeep

Ready to grow, transform and break through growth barriers? Connect with Sandeep Amar Gupta to elevate your life and business to extraordinary heights – (M) 9810730653 / 8766258457 (Email) sandeep@quptasandeep.com

BREAKING GROWTH BARRIERS

Bringing Eastern Wisdom & Western Innovation Together

40+ years Experiences of helping corporate, leaders and Individual

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RAI
GROUP

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Institute of Directors
Building
Tomorrow's
Boards



Few Selected Indicative Interventions (Talks / Workshops)

Each talk / workshop is customized to meet your organization's unique needs, focusing on leadership development, team performance, and strategic growth. Below are a few indicative sessions, which can be adapted for maximum impact:

- **Unlock Success: Master Your Thoughts, Emotions & Actions**
Explore how thought, emotional, and behavioural patterns influence success. This session fosters self-awareness and equips participants to align their internal strengths with external opportunities for greater impact.
- **Break Barriers, Reach New Heights: Fly to Your Goals**
Learn to identify and overcome growth plateaus to unlock new levels of success. This workshop provides actionable strategies for personal and professional breakthroughs.
- **The Secret to High-Performance Teams: Align, Empower & Excel**
Discover how to align vision, mission, and values to foster a culture of collaboration and drive sustainable high performance across teams.
- **Transformative Leadership: Boost Performance & Profitability**
Gain tools to enhance self-awareness, flexibility, adaptability and resilience through mindfulness & EI practices, directly impacting performance and profitability in dynamic environments.
- **Innovate & Lead with Design Thinking**
Empowers leaders and speakers with Design Thinking principles to foster creativity, collaboration, and purposeful decision-making for lasting impact.
- **Your Presence & Presentation Matters: Lead with Impact and Influence**
This workshop focuses on mastering presence, communication, and delivery to inspire confidence and influence and shine under the spotlight.

www.guptasandeep.com

www.linkedin.com/in/sandeepguptadelhi

www.youtube.com/@sandeepguptalive

