



Anuj Sharma

Executive Coach, CPC

“ I met Anuj in early 2019 and, from our first meeting, I knew he was a very talented individual. Anuj brings practical insights on how to show up as your whole self and maximize your talents personally and professionally. He is engaging, a great listener, and driven

Senior Leader (Fortune 100 company)

Anuj grew up in a unique way – around monks and a deep spiritual tradition. In fact, when he was 17, he traveled with a monk across the United States for two weeks, and had the great fortune to spend two full summers as a teenager traveling across India.

This sort of upbringing changed his life. The wisdom, lifestyle, teachings, and inner clarity of the monks he grew up around, despite his personal struggles and journey as a young adult, guided his life in a profound way and is a foundational element of much of what he does today.

Today, Anuj is a leadership and executive coach who works with clients to help hone their leadership skills through self-awareness and emotional intelligence work. Anuj utilizes his significant corporate experience, leadership knowledge, as well as the monk wisdom from his earlier training to help his clients achieve greater success and impact, while also experiencing inner clarity and fulfillment.

Prior to his role as a coach, Anuj served as a leadership development consultant at Bank of America Merrill Lynch where he served on the firm's Technology and Operations (T&O) leadership development team. He helped the T&O division manage its key people initiatives such as organizational design, performance management, succession/talent planning, and executive assessments.

Anuj has extensive experience mentoring and coaching others, as well as facilitating and debriefing workshops and leadership development programs. He has co-facilitated several workshops for the Bank of America's T&O flagship risk training program and has consulted for several businesses and organizations within the greater New York City area.

Anuj graduated from Rutgers Business School with a degree in Finance and is pursuing his MBA at the Jack Welch Management Institute. He is certified as a professional coach (CPC) through the Institute for Professional Excellence in Coaching (iPEC) and is a member of the International Coach Federation (ICF). He is trained iPEC's unique core energy coaching process as an Energy Leadership™ Index Master Practitioner (ELI-MP). Anuj lives in New York City with his wife.