

ABOUT ADITI SURANA

High-Performance Leadership Coach |
Behavioural Expert | Keynote Speaker



IF YOU AVOID
THE GRIND,
YOU AVOID
THE GROWTH.

ADITI SURANA



WHAT SETS ADITI APART?

Aditi Surana is a globally recognised high-performance leadership coach and behavioural expert. She helps senior leaders and high-potential teams build clarity, composure and consistent execution—especially under pressure. Over the past two decades, she has worked across industries and regions with clients like JSW, TATA, GVK, DELOITTE and IBM. Her interventions lead to measurable shifts in mindset, behaviour, and business outcomes.

Leadership Impact and Results

- A leading technology company reported a 38 percent increase in leadership effectiveness following Aditi's intervention.
- An engineering firm reduced communication bottlenecks by 42 percent, improving team collaboration.
- A high-growth organisation saw a 30 percent increase in productivity and stronger managerial engagement within six months.

PROVEN EXPERTISE AND RECOGNITION:

- Globally Certified Practitioner: Expert in MBTI, 16PF, FiroB, & Marshall Goldsmith Coaching.
- Founder of APT Mental Fitness Gym: Impacted over 50,000 people through a lockdown social initiative.
- Goldman Sachs Women's Scholarship Recipient, IIM Bangalore: Recognised for excellence & innovation.
- Award winning podcaster - Daily Mental Fit Bit Podcast: Provides actionable insights and solutions.
- LinkedIn Top Voice: Noted for influential insights and thought leadership.
- Coach for Femina Miss India Beauty Pageant 2022: Guided top contestants through high-profile challenges.
- BW 40 Under 40 Award: Named one of the top influencers under 40 in productivity and high performance.



PREVIOUS CLIENTS:



SMT. PRATIBHA PATIL
FORMER PRESIDENT OF INDIA

Her analysis about my personality was highly accurate & impressive.



NATHAN S.V.
FORMER PARTNER & CTO, DELOITTE

Aditi has a very engaging style. I've never experienced anything like this before.



K.V. KAMATH
FORMER CHAIRMAN OF INFOSYS

Aditi's accuracy was 8/10



PRATIK OSWAL
HEAD OF PASSIVE FUNDS, MOTILAL OSWAL

Aditi helped me get clarity on the way I lead and manage people.



SHARMILA SAHAI
MD AND CEO, HINDUSTAN PENCILS PVT. LTD

Aditi showed me what the next step in my career should be



DEVDU TT PATTANA I K
AUTHOR & MYTHOLOGIST

This session was mind-blowing — the kind of conversation that stays with you.

WAYS TO ENGAGE WITH ADITI

Every organisation has its own rhythm. Aditi's approach is designed to work with it – not around it. Her formats are designed for leaders and teams navigating pressure, transition, or growth – and for organisations ready to move from reactive hustle to consistent performance. Whether it's a single keynote or a multi-session lab, every experience is crafted to deliver practical tools, reflective clarity, and lasting behavioural change.

CORE MODULES & TOPICS

- **High-Performance Mindset**

Build internal systems of clarity, direction, and execution that help leaders scale without burning out.

- **The Leadership Shift: From Fixed Thinking to High-Performance Mastery**

Challenge limiting patterns and develop mindset agility to lead through change.

- **The Power of Consistency: Leadership's Most Underrated Advantage**

Embed habits and routines that convert effort into long-term results.

- **Turning Uncertainty into Opportunity**

Develop mental agility and presence to navigate ambiguity with confidence.

- **Failure as Feedback**

Reframe setbacks into learning loops that accelerate leadership maturity.

- **Calmness as a Leadership Superpower**

Strengthen composure to enhance judgement, presence, and credibility—especially under pressure.

- **Women in Leadership**

Create space for emerging women leaders to build authentic authority, challenge imposter patterns, and lead with clarity and strength.



FORMATS OFFERED

1:1 HIGH PERFORMANCE COACHING

For senior leaders and high-potential talent navigating inflection points. Focus on:

- Decision-making under pressure
- Identity-led leadership
- Sustainable high-performance routines

LABS & IMMERSIVE FORMATS

Aditi's signature Leadership Lab format blends reflection, behaviour anchoring and real-time application. Available as:

- Half-Day Intensives
- Full-Day Immersions
- Two-Day Labs
- Split Format: 2 Half-Days + Pre-recorded Modules
- Pre-recorded Modules

KEYNOTES & SPEAKING ENGAGEMENTS

Sharp, story-rich sessions for offsites, leadership summits, and internal events.

PODCAST FEATURES

Conversations rooted in insight and application

BRAND COLLABORATIONS

Lead campaigns with authenticity. Past collaborations include content on growth, productivity, and mindset across LinkedIn and Instagram.



GET A GLIMPSE OF ADITI'S COACHING STYLE

A selection of short videos that offer a window into Aditi's facilitation style, behavioural depth, and presence in the room.

1. Setting Boundaries Without Friction

Boundary-setting isn't about being assertive – it's about being clear, early, and consistent. In this video, Aditi offers a behavioural approach to navigating uncomfortable dynamics at work, and why this often-overlooked skill is essential for effective leadership.

[!\[\]\(c3d993ca47bfe2a953c700506ce31fa0_img.jpg\) Watch on LinkedIn](#)



2. Paths Are Made by Walking

Inspired by Franz Kafka's reflection, this video explores the quiet courage it takes to keep going – especially when clarity is missing. Aditi reframes uncertainty not as confusion, but as a necessary part of meaningful work and leadership.

[!\[\]\(17413706fd4997a1a4bdf85c6864eee1_img.jpg\) Watch on LinkedIn](#)



3. Redefining Productivity: Beyond the Optics of Hard Work

Aditi speaks on the pressure of working long hours just to appear committed. This video challenges the outdated equation of effort with impact – and offers a sharper, more sustainable view of what real productivity looks like.

[!\[\]\(4b7a79268f6ba26c1471d4232fffa85a_img.jpg\) Watch on LinkedIn](#)



4. Rethinking Burnout: Control, Clarity & Timeboxing

Burnout isn't just about doing too much – it's about feeling out of control. In this video, Aditi introduces a behavioural lens on managing overload, and offers a practical approach using the 4D Model and timeboxing as tools to restore rhythm and focus.


[!\[\]\(3342c215b2a8b663596a81468d5dc314_img.jpg\) Watch on LinkedIn](#)



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