



# The Bento Coach

Coaching  
Made  
Convenient



# About Us

## WHO WE ARE

We are a team of internationally accredited Coaches. Between us we have 80 years of corporate experience, spanning 8 industries, and 20,000+ coaching hours. We believe in the extraordinary power of human beings. As your Coaching partner, we help you define your goals, achieve success in your chosen career and live your best life.

## OUR MISSION

We are on a mission to **make coaching convenient.**

## OUR VALUES

We believe that coaching works. We help you assimilate complex ideas by breaking them down into **BITE-SIZED** nudges and **INSIGHTS**.

We believe that learning, and therefore Coaching, is a **CONTINUOUS** process. We create **BESPOKE** programs that reflect our commitment to your long-term growth & objectives.

We believe that Coaching should be available for everyone who wishes to grow and anyone willing to make a change. We **CONNECT** all such individuals & teams with the right solutions.

## CONNECT

Phone Number: +91 89398 70202

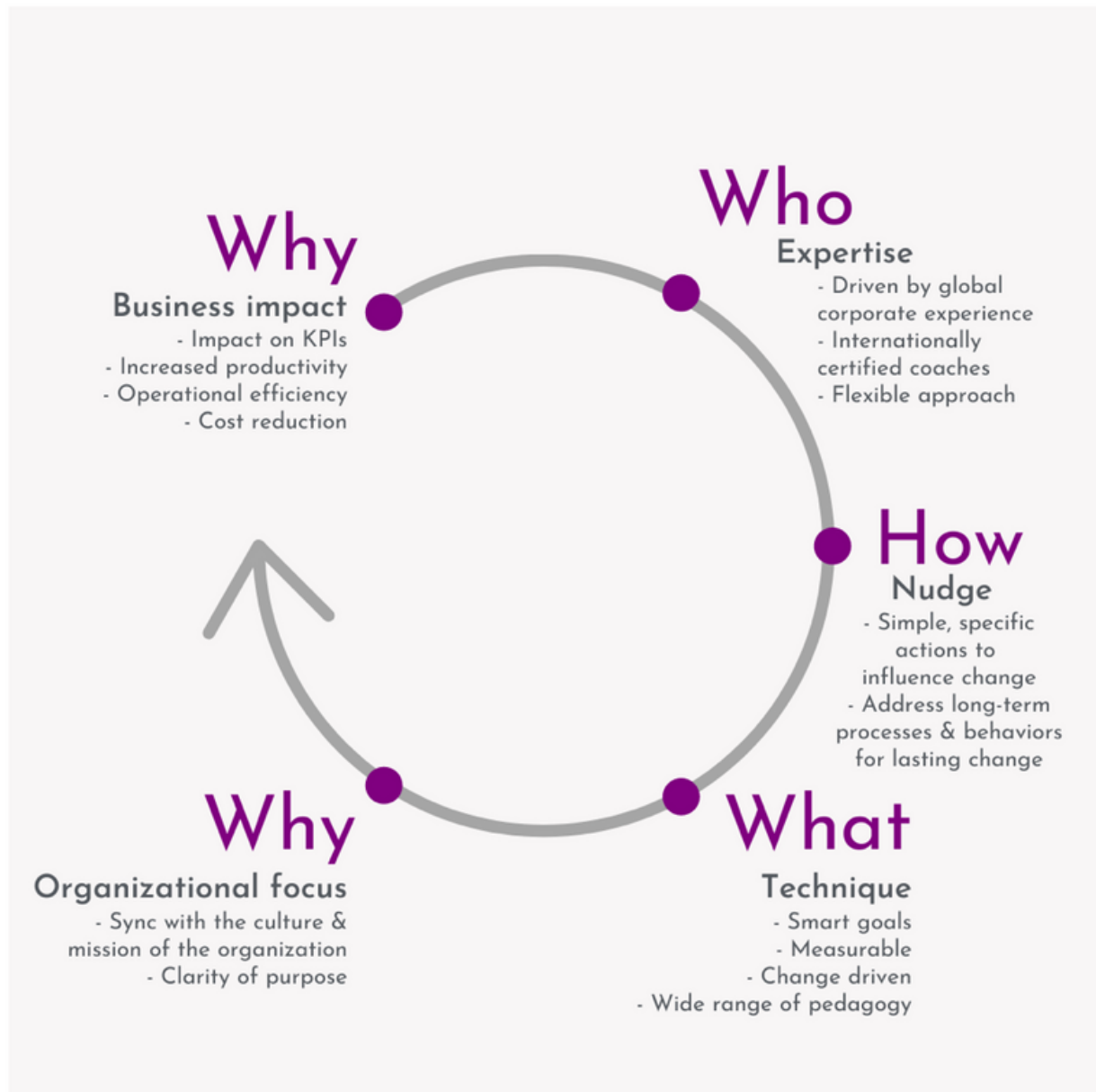
Email Address: [Contact@bentocoach.com](mailto:Contact@bentocoach.com)

Website: [www.bentocoach.com](http://www.bentocoach.com)

Social:



# The Bento Way



We partner with you in thought provoking and creative ways to maximize your potential. We help you set tangible goals, in an effort to create desired outcomes and manage transformational change.

# Our Advantage

Bespoke programs backed by international accreditations & global expertise



arweldouglas  
Leading in a Changing World



# Our Team



## Anjani Gandhi

Founder, Executive Leadership & LEGO Play Coach

Anjani is a hotel school graduate with a passion for Human Resources. Her most recent role was of Group HR Director for Unique Group, based out of UAE. Previously Anjani has worked with Royal & Sun Alliance, Chalhoub Group and Al Futtaim Group. As a coach Anjani has worked with multiple SME's and helped them grow immensely.



## Prashant Menon

Co-Founder, Executive Leadership & Team Coach

Prashant has completed 2 PG Programs in Marketing after graduating in Microbiology. Previously Managing Director at Exeltis India, he has held various Business Head level positions across leading Indian MNCs in the Pharmaceutical industry. Presently he is a Founder Director at Workplace Dynamics and Visiting Faculty at one of India's Top 10 Management Institutes, Mumbai.



## Michaella Benvenisti

Executive Leadership & DEI Coach

Michaella is an executive coach, supervisor & a facilitator. She is a trained Integrative psychotherapist & a Mindfulness teacher with 18 years experience in the social and private sectors. Michaella is accredited at the Senior Practitioner level by EMCC global. She is passionate about gender & shifting dynamics of power. She is engaged in discovering & developing strategies and practices that aim to address the individual and team needs. .



# Our Team



## Vimal Katiyar

Executive Coach

Vimal is a Chemical Engineer with M.Tech from IIT Kanpur. Previously he was Director of Manufacturing & Engineering at Perfetti Van Melle. He has extensive leadership experience in Operations at PepsiCo India. Vimal had a long stint with ICI India Ltd. He also had the opportunity to work as a Scientist with DRDO for a project headed by Dr. APJ Abdul Kalam.



## Sarita Rochwani

Executive Coach

Sarita is a credentialed PCC coach with ICF. She brings almost two decades of diverse leadership experience to her coaching practice. Sarita believes that each person and every team has the potential for greatness and makes it her mission to support leaders and teams in catalyzing their growth. She's helping people, organizations, and teams to unleash their true potential & align their passions and strengths to everyday possibilities.



## Vishal Mehra

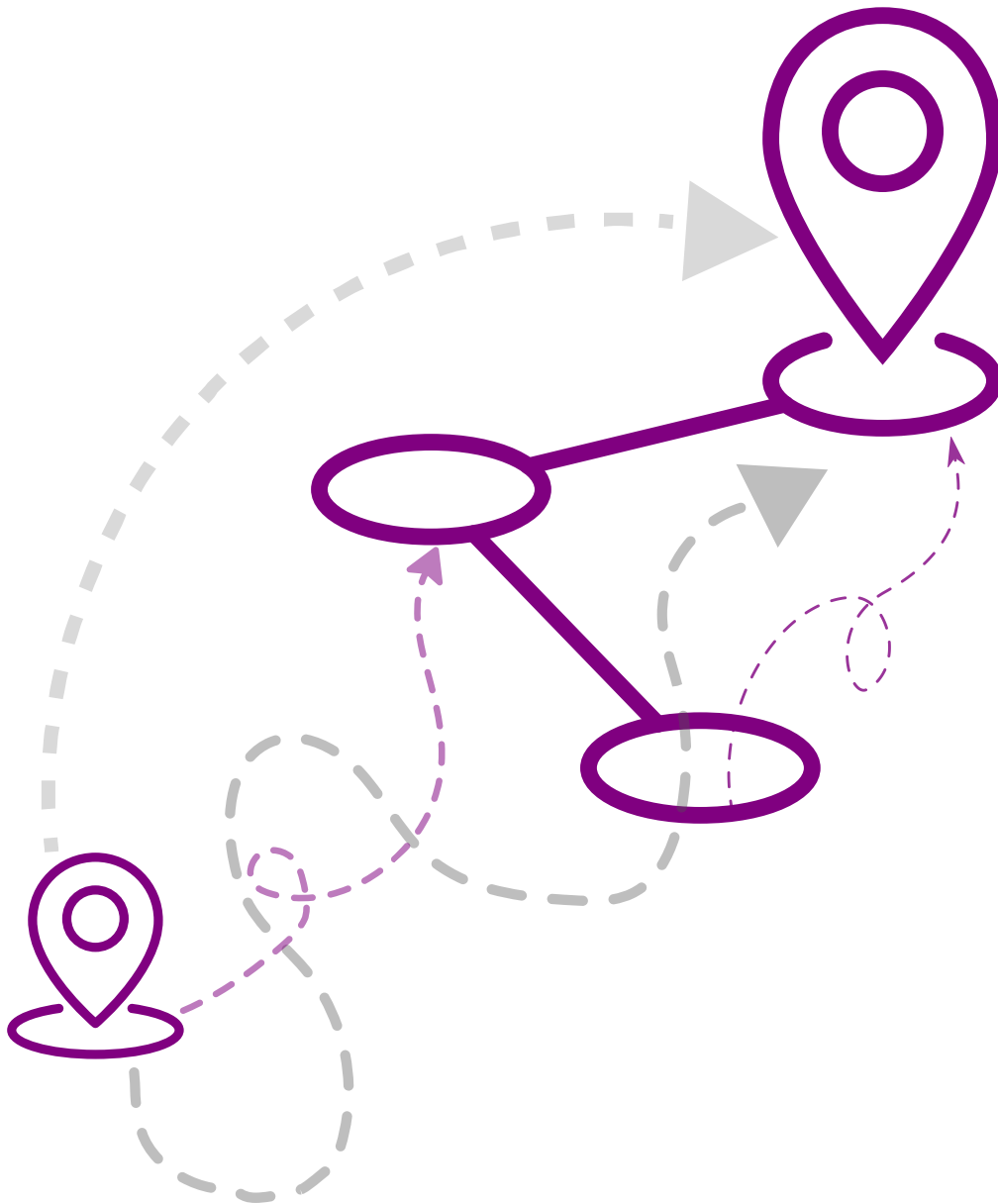
Hospitality Consultant & Mentor

Vishal is a charismatic & innovative leader with 25+ years of experience in the Hospitality industry. He is a pre-opening and hotel conversion specialist, responsible for opening 8 properties. Best known for creating signature methodologies, processes & workflows that are de facto standards for the Hyatt Place hotels in the Middle East. He won the Global Gallup Manager of the Year award in 2016, among 80,000 global participants.



# Our Expertise

Targeted solutions for diverse career paths and for every rung of the career ladder.



At Bento Coach, we are on a mission to make coaching convenient. Our programs are designed to be accessible to all those who wish to make a change, regardless of their work experience, educational background or career stage.



**Director, 45**

Being considered for a leadership position



**Senior Manager, 38**

Getting ready to take on a larger portfolio



**Product Lead, 28**

Individual contributor looking for growth



**Jr. Executive, 22**

Fresh graduate, first job, seeking guidance

# Our Solutions



## **BENTO FOCUS**

An introductory program designed for the young professionals at the beginning of their career. The goal is to support them through the transition from study- to work-mode. This fast-paced coaching intervention is a deep dive into managing expectations, setting goals and building soft skills that are the foundation of a successful career.

### **TARGET AUDIENCE:**

New professionals with 0 to 5 years work experience

### **DURATION & LOCATION:**

2 months, virtual

### **FRAMEWORK:**

4 + 1

4 X 45-minute sessions on

- Prioritization
- Communication
- Goal-setting & Career Roadmap
- Relationship Management

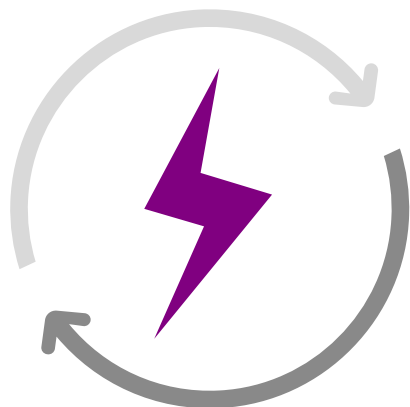
1 X 45-minute session on a development area of choice

Includes Lumina Select assessment



# Our Solutions

## BENTO POWER



An intensive program designed to enhance existing strengths and discover new opportunities to improve. The goal is to equip high performing executives with the tools to excel in leadership roles.

### TARGET AUDIENCE:

Mid-level executives, with 8 to 10 years work experience

### DURATION & LOCATION:

Biweekly sessions over 4 months, in-person or virtual

### FRAMEWORK:

4 + 4

4 team coaching workshops on a range of topics including, but not limited to,

- Leaders as Coaches
- Managing Minus Numbers
- Making Meetings More Productive
- Group Dynamics for Success
- The Leadership Paradox
- Trust & Connection
- Change Management

4 1:1 coaching sessions based on individual development goals

Includes Lumina Team assessment

# Our Solutions



## **BENTO LEADER**

A comprehensive investment in long-term growth, this program is designed to help senior leaders, C-suite executives and startup founders to bridge the gap between Individual Contributors and human resource management. Over a period of 6 months, leaders will work with a PCC-level coach to identify their blind-spots and define their development goals. With a diverse set of strategies and tools, we will create a personalized roadmap suited to your specific leadership style that will get you from where you are to where you want to be.

### **TARGET AUDIENCE:**

Senior leaders, with 10 to 15 years work experience

### **DURATION & LOCATION:**

Monthly sessions over 6 months, virtual

### **FRAMEWORK:**

8 + 2

8 1:1 coaching sessions based on individual development goals

2 assessments before and after coaching intervention to track your progress

Includes Lumina Leader 360 and Lumina Spark assessment

# Our Solutions

## WOMEN IN LEADERSHIP

Our bespoke leadership program designed for women leaders. Innovative modules that cater to the complexities of an evolving workplace, with special emphasis on the impact of gender on authority, business relationships, and effective leadership.

### TARGET AUDIENCE:

All women executives seeking to be at the helm of their career and the men who want to support them

### DURATION & LOCATION:

30+hours over modules of varying duration, in-person or virtual

### FRAMEWORK:

4 + 4 + 2

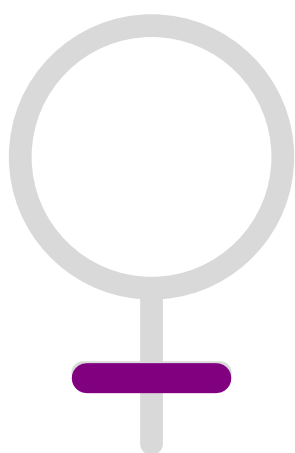
8 modules X 3-hour group coaching workshops on a range of topics including, but not limited to

- The Imposter Within
- Building Trust & Connection
- The Power of Influence
- Moving from FLUX to FLEX
- Digital Body Language
- The Leadership Paradox
- Mentoring for Success
- Career Planning - The Next Big Step

2 premium modules X 4-hour group coaching workshops on

- Adopting a Feed Forward Mindset (facilitated by a Marshall Goldsmith Coach)
- Building your Positive Intelligence (facilitated by a Shirzad Chamine Coach)

Includes Lumina assessments based on modules selected





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