

# Nerisha Maharaj: Summary Biography

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## Nerisha Maharaj MBA. CA

Nerisha Maharaj is an international Executive Leadership and Life coach who brings together a unique blend of global expertise in the fields of both business and self-mastery, using her experience with the Enneagram, coaching, Eastern psychology and ancient meditation yoga philosophy to unleash the highest potential in her clients. A Chartered Accountant, she also holds an MBA, is an experienced yoga and meditation teacher, and Certified Enneagram, EQ and Lumina Practitioner, which enables her to work holistically with her clients. Her 12-year corporate career included working for Unilever Plc and Deloitte around the world living in London, New York, and Botswana providing direct Board support on strategy, sustainability and risk.

Nerisha works with harmonising the principles of business and personal growth to assist people across all walks of life. Her belief is that *everyone* has the choice and capacity to be a leader in various aspects of life through higher consciousness. She coaches a diversity of clients ranging from CEOs to chefs, from all over the world, some as far afield as London and Sweden, with a solid proven track record of successful results. An experienced facilitator, she teaches the *Self-Mastery through the Enneagram, Self-Love and Leader Evolution* courses on the world class Executive MBA programme at the University of Cape Town Graduate School of Business, and facilitates a range of Enneagram, leadership development workshops for corporate clients. Her clients include Bidvest Tank Terminals, The World Bank, Santam and City Logistics inter alia. Her work is focussed on helping people feel the aliveness, beauty and presence of their true Selves, which awakens personal joy, creativity and effectiveness. Her book, *Self: Love: The Authentic Path to Conscious Leadership*, based on her award-winning published MBA research, is now into the 5<sup>th</sup> print run since publication. In addition to a 200 hour yoga and meditation certification, she has studied advanced meditation in the Himalayan foothills of India and continues to advance her practice and exploration every year. A Sanskrit scholar, she finds her soul joy in travels to India, meditation, yoga, spiritual philosophy, and art. For further information, visit [www.nerishamaharaj.com](http://www.nerishamaharaj.com).