

Signature Topics

- Feminism & Leadership
- Systemic Trauma
- > The Immigrant Nervous System
- Intuitive Eating
- Intimacy
- Somatics Nervous system & Trauma healing

As seen in



Clientele

Sangheetha's clients tend to be high-achieving, predominantly first-generation leaders across the globe, who want to find authenticity in the areas of career/leadership, intimacy and parenting.

Sangheetha Parthasarathy

CEO Sangparth| Nervous System Coach | Speaker | Consultant



About Me

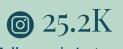
Sangheetha is a Nervous System Coach helping successful high-achievers overcome perfectionism, workaholism, and stress-aholism, through nervous system regulation and power wound healing, as they dare to be unapologetically authentic, confidently owning the boardroom, bedroom and playroom.











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Total Reach in

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