



Sangheetha Parthasarathy

CEO Sangparth | Nervous System Coach | Speaker | Consultant



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.

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.

88K

Content Reach in Social Media

51K

Total Reach in Social Media

25.2K

Followers in Instagram @sang_parth

600+

Monthly Page Views

3K

Email subscribers

400+

New podcast reach Launched on Feb 14th, 2023

Get in touch



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