

MINAL KAEREY

SPEAKER | AUTHOR | FINANCE AND BUSINESS CONSULTANT | EXECUTIVE COACH



Minal Kaerey is not only a speaker and a bestselling author but also a leader in the field of financial and business growth consulting and is also an executive coach.

With training in finance and an MBA degree, Minal Kaerey is a senior finance professional with 25 plus years' experience in corporate finance. She has worked with multinational organisations and the Australian Government sector. Minal has held various senior positions such as Chief Financial Officer, Financial Controller, and Financial Consultant with companies like American Express, the Brandix Group, and Nickelodeon Australia. She is a "Fellow" member of CPA Australia, CIMA (UK), and CGMA. Building on her finance background in which she mentored and coached individuals and teams in the corporate finance sector, she added executive coaching to her glittering résumé, specialising in a "holistic approach to finance". Minal has received training as an accredited coach, as a neurolinguistic programming (NLP) practitioner, and as a neurosemantics (NS)/Meta-NLP practitioner. She also holds a certificate in Digital Marketing and Web Development, specialising in business solutions.

Outside of her corporate career, Minal is also all about fun and play. She loves painting, sailing/boating, photography, travelling, and doing charity work.

According to Minal, "Wherever you are in life, you can make the most out of every single day. Your

inner source of guidance—your soul—will help you find the answers you need.

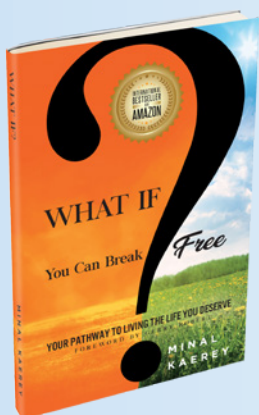
When you ask the question 'What if?' you are quieting your ego and removing judgment in your life, empowering you to face difficult emotions like fear, guilt, and regret. Minal is passionate to share her message, on how you can become the person you were meant to be and will start you on the road to a purpose-driven life. When you look back on your life one day, will you be able to say that you have enjoyed life to the fullest?

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It's 'who' you become during Your Journey that matters most.

—MINAL KAEREY

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SPEAKING TOPICS

1. EMOTIONAL INTELLIGENCE

- More than IQ
- Co-Creating at its Best with Emotional Intelligence

2. HOLISTIC APPROACH TO FINANCE

- Not Just Numbers and Focus on Bottom Line
- Emotional Intelligence
- Serving and Supporting - Business Partnering

3. HOLISTIC APPROACH TO LIFE

- Who Are You?
- What Defines You?
- How Do You Define Success?
- Find Your Spark
- Life Balance

4. BEING IN ALIGNMENT WITH YOUR INNER GUIDANCE FOR YOUR FULFILLMENT IN LIFE

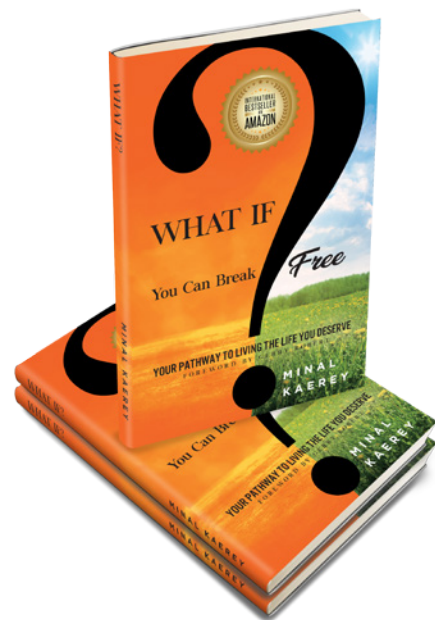
- 'Success' vs. 'Fulfillment' in Your Life
- The Surrendering Process

5. YOUR LEGACY

- Finding Your Life's Purpose
- The Footprints You Want to Leave Behind

6. DEPRESSION AND MENTAL HEALTH - A TABOO SUBJECT?

- Awareness, Acceptance, and Being Okay with it
- Finding the Courage to Ask for Help
- Finding the Right Resources and the Right Support Mechanism
- Finding Your Stepping Stones through the Healing Process
- "Being a Rainbow in Someone's Cloud" - Maya Angelou



"Each of our journeys is not more or less valuable than another person's journey".

"The quality of the questions you ask yourself along your life's journey and the honest answers to them will help you find your path to your life's purpose".

—Minal Kaerey