



# ARCHANA SHETTY

## LEADERSHIP COACH & MENTOR

**Life does not have to be either / or. There is a better way and YOU have the choice! Be on fire without burning out!**

Archana Shetty is a leadership coach and mentor with expertise in peak performance without burning out. She believes that, to be able to make the impact you desire to make, you have to operate from the zone of optimal performance – and it does not have to cost you your family or health. By making the right choices, you can 10x your productivity and live a high quality optimal life without compromising your well-being.

She supports high achievers and driven entrepreneurs magnify their impact and step up to the next level by helping them develop greater clarity, focus, become emotionally competent, optimize time and energy to be more productive, energized and lead high quality fulfilling lives. **She helps them become star performers without burning out.**

Her expertise comes from 17+ years of experience in leadership, systems thinking, structure, strategy, planning and background in Ayurveda, the ancient Indian preventive health care system of medicine.

### ARCHANA'S MOST POPULAR MEDIA TOPICS

- ✓ **Be super productive without burning out:** 3 skills that are absolutely essential for peak performance without burning out.
- ✓ **From stress to success:** 3 strategies to manage stress and be in the zone of optimal performance.
- ✓ **Ideas to Implementation:** 7 step rapid implementation formula.
- ✓ **Get more done in less time:** 7 simple steps to get organized, overcome overwhelm and get more done in less time.
- ✓ **Own your day:** 5 techniques to own your day and feel accomplished.
- ✓ **Move from being stuck to stoked:** A Model to overcoming the inner blocks and moving ahead.

#### As featured in



### PRAISE

“Archana has whipped me into shape with good habits to follow, excellent in getting me to date of every deadline I want to achieve and then meeting those deadlines. Thank you, Archana, you are my Angel!”—**Christine Merriman, CEO of Find Your Badass Grace After Corporate Abuse**

“You urged me to dream big and created the space for that. What I found AMAZING was that you very quickly worked out what would be useful for me to think effectively and clearly. I THANK YOU ARCHANA wholeheartedly”—**Jacqui, Entrepreneur**

### CONTACT

✉ [archana@archanashetty.com](mailto:archana@archanashetty.com)

☎ +974 70488455

➦ [www.archanashetty.com](http://www.archanashetty.com)

📱 [@optimalu.net](https://www.instagram.com/optimalu.net)