VIVARA

Reclaim your Life. Rewrite your Story.

COACHING FOR LEADERS AND TEAMS

When managers are overloaded, stress runs downhill.

Vivara coaches managers and teams to stay steady under pressure, communicate clearly and delegate well, so stress stops getting passed down the line.

WHERE VIVARA FITS

Your EAP or counsellor cares for people in distress.

A training brings new knowledge for a day.

Vivara changes how people actually work, with tasks inside their real job and progress you can see.

WHAT ONLY VIVARA BRINGS

Root-cause thinking from a decade in different corporate roles across four industries: "try harder" is never a root cause.

Body first, then mind: people learn to respond, not react, in tough moments.

Proof: a baseline, one task a week inside the real job, and a progress report to management.

WHAT CHANGED AT A GROWTH-STAGE STARTUP

2 → 4	**1 → 4 leaders**	**80–90%**	**4.8 / 5**
An operations leader's delegation, out of 5	From a 3-session pilot to coaching for four leaders	Fewer vendor revisits for an operations lead	Average client rating; 7 of 8 would recommend

"You saw what I could not see. I will be forever grateful to you." Coaching client

Names are kept private. Numbers are clients' own ratings and records.

HOW WE WORK WITH YOUR TEAM

1 · Free team session

60 minutes, with two tools your team can use the same day.

2 · Workshops or a pilot

Group coaching workshops for a team, or a three-session pilot with a progress report.

3 · Leadership coaching

One-to-one, 12 to 15 sessions over 3 to 4 months.

Pressure and burnout recovery · clear communication · delegation · calm in tough conversations · role and career transitions



Priyanka Yadav, Founder & Transformation Coach · engineer, MBA (Christ University)

Certified Life Coach (IISDT) · Certified Trauma-Informed Coach (TCOH) · Certified Positive Intelligence (PQ) Coach · Psychological First Aid, Johns Hopkins University · Working towards the ICF PCC credential · Coaching, not therapy: anything clinical is referred to a professional.

BOOK WEBSITE

Book a free 60-minute session for your team →

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