


Coach SALONI  
Lead with Clarity

Presented by  
Saloni Gupta

A person is silhouetted against a bright, golden sunset. The person's arms are raised, and they are holding a lit candle in their right hand. The sun is low on the horizon, creating a strong lens flare effect. The sky is filled with soft, golden light and some wispy clouds. The overall mood is one of hope and inspiration.

# *Rays of Hope*

*Inspiring stories of how people like us found hope in distress*



# Letter from Saloni Gupta

I launched my leadership coaching business in 2021 when the world, as we knew it, was being ravaged by a global pandemic. The strain of ongoing uncertainty and a relentless barrage of bad news was breaking people's spirits.

In most conversations I sensed an air of gloom and felt compelled to create a dent in this shroud of negativity. And so, Rays of Hope was conceptualized with an objective to shine a light on the indefatigable and inherently resilient human spirit. 12 uplifting stories were curated, of how real people around the world persevered in the toughest of situations. These stories were shared on LinkedIn over a period of 3 months.

An overwhelmingly positive response inspired me to compile these stories together. This eBook encapsulates their combined wisdom, resilience and courage. I present it to you as I celebrate my 1st successful year in business with CoachSaloni.com.

I am grateful to my peers who embraced vulnerability and shared their deeply personal stories. They trusted me with presenting their journey, distilling their profound life-lessons and capturing it all in one post. In reading about their failures and triumphs, you will notice how disruption can lead to evolution, roadblocks can become milestones, and how at your weakest you can discover your roaring inner strength.

My hope is that these stories will make you feel less alone in your struggles and inspire you to bounce back after hitting a low. I hope these stories will remind you that overcoming hardships is life's resiliency training that builds up confidence and inner power.

Feel free to save this eBook and share it with those who might benefit from it. And yes, I would love to hear back from you.



**Saloni Gupta** is a certified International Executive Coach and former HR leader. She is passionate about helping leaders to lead with clarity in an environment of permanent uncertainty. As a global citizen, she has a deep understanding of leading teams across cultures and building an inclusive environment. Saloni is based in Milan, Italy. Learn more at [CoachSaloni.com](https://CoachSaloni.com).

# Hope

- Makes us believe that the future will be better than the present.
- Provides us the courage to turn obstacles into stepping stones.
- Helps us discover our inner strength to cope with adversity.
- Connects us to the faith that runs deep inside us.
- Keeps us going when we want to give up.
- Contributes to our development and well-being.
- Fires our curiosity to explore different solutions.
- Gives us confidence in our ability to overcome difficulties.

**What brings  
you hope?**



# E-book Contents

**05**

**Choose Hope**

**Paolo Marinovich**

**13**

**Hope Sustains Life**

**Neha Pant Tewari**

**06**

**Roadblock Or Guidepost?**

**Shilpa Ajwani**

**15**

**Fight For Justice**

**Sahar Gharachorlou**

**07**

**Unleash Your Superpower**

**Aarti Narang**

**17**

**The Final Good-Bye**

**Axel Schwartz**

**08**

**Rewriting Destiny**

**Dr. Neeta Mhatre Mishra**

**19**

**Discovering Vulnerability**

**Niti Nadarajah**

**09**

**Life Lessons From a Covid Warrior**

**Matteo Mangiagalli**

**21**

**Drift Not, Swim**

**Sushama Swarup**

**11**

**Building Resilience Through Gratitude**

**Shweta Shrivastava**

**23**

**The Gift Of Adversity**

**Saloni Gupta**



# Choose Hope



Paolo Marinovich

*"The more we visualize a better future, the more we can focus on ways to get there."*

## President, Community of Practice of Coaching, Italy

Associazione di Promozione Sociale Comunità di Pratica di Coaching

Paolo Marinovich is a Professional Coach (ICF), Executive Trainer and Senior Management Consultant. He is based in Milan, Italy. He offers business coaching and strategy consulting services to Boards of Directors and senior leadership teams. He can be reached on LinkedIn.

Hope helps us visualize and conceptualize a future that is better than our present state. **It motivates us to cross the boundaries of our current existence, to evolve towards a new state where we can live a more meaningful life, thus being more.**

A goal that we have not reached yet, requires physical, mental and emotional energy and commitment, as there is always doubt or fear in challenging our own limitations.

Precisely then, hope can awaken and fire our desire to work persistently towards our goal. Hope is what pushes us to accept the risk of the unknown, mobilizing resources that even we are surprised to discover we have.

In the words of Italian psychologist Consuelo Casula, "If fear makes you bend and look down, hope straightens your back and gives wings to your imagination. If fear magnifies the negative details; hope illuminates the positive scenario. If fear makes you run away; hope makes you fight."

So,

Let's choose to overcome fear with courage; let's take the risk to explore wider horizons. Whenever we do so, it works for us individually as well as for all of us, since the human race is one and one is the planet we live on.

**Which one goal are you willing to fight for with hope and courage?**





## Roadblock or Guidepost?

Shilpa Ajwani

*"Life became an adventure when I decided to convert my breakdowns into breakthroughs and chose to see every rejection as redirection to evolve into my highest version."*

### Founder and CEO unomantra

As a Strategy Consultant and Leadership Advisor, Shilpa Ajwani enables Consumer and Lifestyle businesses of today to purposefully create iconic leaders, brands, communities and organizations of tomorrow. Shilpa is based in Delhi, India and can be reached on her website [www.unomantra.com](http://www.unomantra.com).

Shilpa Ajwani, aged 17 at the time, was about to make her biggest decision yet.

Brilliant and wise, she wanted to create an impact on society. She dreamt of becoming a Cancer-specialist.

A few months before medical entrance tests, her father had to go through a sudden bypass surgery. Shilpa couldn't dedicate time to her studies and was unable to sit for any entrance tests that year. Her dream was shattered.

Being a bright student, she scored 94% in her Board exams and got selected in the prestigious Economics Honors Course at Lady Shri Ram College.

Shilpa felt lost and confused - Should she let go of her long-cherished desire

of becoming a doctor or drop a year and try again?

**Hitting a roadblock made her reckon with her deeper sense of purpose.** She asked herself - What are my key values? What impact do I want to create? Which other profession could allow me to do that?

Shilpa picked economics and went on to become an eminent corporate leader. Became Managing Director at just 38, turned entrepreneur in 2019 with her strategy consulting firm Unomantra, founded SHEmantra, a community of women-led coaching and consulting businesses in 2020.

**What do you do when you hit a roadblock?**



# Unleash Your Superpower

Aarti Narang

*"It is only through failures that we evolve. Hope is that ray of sunshine that we need to cling to when we see darkness around, for dawn comes after a night of darkness."*

## Brand Influence Strategist, Founder and CEO, Brand My Style

Aarti Narang is a CEO Brand Strategist and Personal Brand Stylist. She is passionate about designing distinctive, authentic, and brilliant brand stories. She makes her clients shine by delicately Branding their Style, their uniqueness, and creating a winning Brand. Aarti is based in Mumbai, India. Check out her work portfolio at [BrandMyStyle.in](http://BrandMyStyle.in).

In 2015 with no work, no money to pay EMIs, and no clue of what lay ahead, Aarti Narang was almost on the verge of losing herself.

After high school, she had given up on her dream of studying commercial arts to take up a corporate job. In 2014, when she and her father lost their jobs at the same time, the insecurity of the job market hit her. She took a leap of faith and turned entrepreneur by launching a leadership consulting business.

Within a year, Aarti succeeded but a certain turn of events took her wrecking down. There she was – lost, confused, shattered, once again.

**Amid hopelessness, she still believed in a higher power and the adage 'the best is yet to come'.**

Hope appeared when she was asked to support a friend in designing her website. **Aarti's passion for colors, designs and stories, that she had left in a sealed corner of her childhood, came alive.**

And so began the journey of creating distinctive and authentic brands with 'Brand My Style'.

Today, Aarti is an established Brand Influence Strategist and Keynote Speaker. She helps a global clientele in upgrading their brand projection by 50X.

**For Aarti, her work is her daily source of inspiration. What's yours?**





## *Rewriting Destiny*

Dr. Neeta Mhatre Mishra

*"Adversity creates Opportunity."*

### **Founder, ReachOut**

Dr Neeta Mhatre Mishra is a Certified Trainer International Master NLP and Gestalt Therapist, Wellness and Relationship Coach. She is the founder of ReachOut that promotes skill development for rape survivors, destitute, LGBTQ community and single parents. Neeta is based in Mumbai, India. She can be reached on LinkedIn.

The bank manager's words echoed in Neeta's ears as she held her 2-yr-old daughter "Your account is at minimum balance".

In 2002, Dr Neeta Mhatre Mishra was broken in more ways than one. She had been through a bitter divorce, was unemployed, shunned by society and her own siblings for refusing to accept a cheating spouse and an abusive marriage.

**In a moment of deep humiliation, Neeta had realized that if she doesn't stand up for herself, no one would.** Her burning desire to be a role model for her daughter gave her courage.

With her mother's support, Neeta took up a day job. Still haunted by her painful past, she sought healing through knowledge and enrolled in

a night school for counseling and psychotherapy. Over time, Neeta prospered in her day job and became a respected counselor. She achieved financial success, fulfilled her daughter's dream of pursuing Master's abroad, found two-way healing in being a psychotherapist and met her soul-mate in 2013.

**She discovered her higher purpose in providing others what she did not get – a safe space, where those facing adversity would feel heard.**

In 2019, she founded ReachOut to promote skill development for rape survivors, destitute, LGBTQ+ and single parents.

**What is the future you want to create?**



# Life Lessons From a Covid Warrior

Matteo Mangiagalli

*"To overcome adversity, we have to find our way through it."*

## Psychologist, Soleterre ONLUS

Soleterre ONLUS is a non-profit organization that works for the recognition and application of the right to health in its broadest meaning. In addition to providing medical care and assistance, it is committed to the protection and promotion of psycho-physical well-being of everyone, at any age and in any part of the world. Website : <https://soleterre.org>.



Matteo Mangiagalli has been working as a psychologist with Soleterre ONLUS since 2019, at the Policlinico San Matteo Hospital, in Pavia Italy.

In onerous circumstances with patients passing away every day, Matteo provides psychological support to doctors, healthcare operators, Covid-19 pandemic patients and their families. He also acts as a bridge between patients and families, assisting with video calls and delivering messages.



Matteo says, "My role is to be with the patients in their hardship. It provides a much-needed human connection in a situation that is otherwise dehumanizing, and where people are denied their primary need for social contact. It is important to make them feel less lonely and isolated to avoid further complications like depression, lower immunity, inflammation etc.

**When patients recover, it gives me satisfaction. I see hope and possibility till the very last breath.**



Unfortunately, not all stories have a happy ending. I have learnt to accept that sometimes there is very little I can do.

**I have understood that pain and suffering are as much as a reality of life, as pleasure and well-being.**

Often, we are afraid of suffering but to overcome adversity we have to find our way through it.

**Patients who have a sense of purpose, faith in themselves and positive relationships, are motivated to recover and stand a much better chance.**

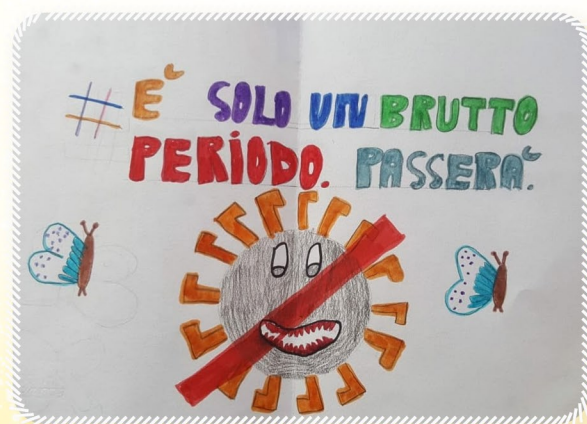
Even doctors are recognizing the impact of good mental health and positive mindset in treatment."

Recently, Matteo was happy to participate in a project for children returning to school. Being away from school, friends, sports and recreational activities has had a significant psychological and emotional impact on children.

To enable a smooth transition back to school, Soleterre ONLUS offered psychological assistance, training and support to teachers, students and families. At the end of the project, children exchanged greetings of gratitude and hope for the future.

250 group psychological sessions have been carried out since September 2020, to assist 1,400 students, 168 parents and 288 teachers.

**What life lessons have you learnt during Covid-19?**







## *Building Resilience Through Gratitude*

Shweta Shrivastava

*“Unlike tragedy, setbacks are reversible. So no matter how big the setback is, I’m grateful for the opportunity to build it again, be it career or life.”*

### **Founder and CEO of StartWright**

Shweta Shrivastava is the Founder and CEO of StartWright, an Innovation and Brand consulting firm to enable brands and businesses start right. She is also an Angel Investor and sits on the advisory board of several tech start-ups in Asia. Shweta is based in Singapore. She can be reached on her website [www.startwright.asia](http://www.startwright.asia).

For the first time in her life, Shweta faced self-doubt. What if this was a huge mistake? What if this was never meant to be?

In Jan 2020, Shweta Shrivastava took the entrepreneurial plunge and set up StartWright, a Management Consulting firm, to enable brands and businesses to start right. With two decades of foundational experience in Insights, Innovation and Marketing, she believed this was a natural progression. She also started angel investing to have a greater understanding of the business landscape in the South East Asia region.

She won her first consulting assignment in February, paving the way for an extremely encouraging start to her venture.

However, 2020 was no ordinary year! As the pandemic ravaged people and businesses across the world, she was impacted too. As she struggled to grow her business in the second half of 2020, a bigger tragedy was unfolding.

She faced the sudden demise of an ex-colleague who had been a valuable mentor since her Cadbury days. To make matters worse, her parents battled Covid and barely a few weeks after their recovery, her dad met with a serious accident.

Luckily, her dad was rescued by a passerby who happened to be a doctor and provided immediate medical attention. It was a miracle that saved her dad.

**This incident made her realize the difference between a tragedy and a setback.** At a time where millions had lost their lives and livelihood, her situation was only a minor setback and not the end of the world.

She began writing 'notes to self' and being grateful for the little things that made her life worth living.

**Practicing gratitude regularly made her understand it in a brand new way.** Expressing an appreciation for what she had, made a chiropractic adjustment to the way she looked at everything in life. No matter how big the setback, unlike tragedy, it is reversible. And hence,

she felt grateful for the opportunity to build it again - be it her career or life. What started as 'notes to self', was the genesis of 'Grateful World', Shweta's personal blog that spreads a message of resilience through the power of gratitude. In just a few months, Grateful World is a growing community of 10,000+ followers on Facebook and Instagram. Shweta is now creating an impact that goes way beyond the realms of her usual work.

**Being grateful in the face of adversity has helped her discover possibilities like never before.** Today, her business at StartWright Consulting has many pivots and she is raring to go.

**What has been your experience with the Power of Gratitude?**





# *Hope Sustains Life*

Neha Pant Tewari

*"Like most things in life,  
Hope is a Choice."*

## Founder and CEO of Your Success Story

Neha Pant Tewari is an internationally certified NLP Practitioner and Happiness and Mindfulness coach, based out of Pune, India. She's the Founder of 'Your Success Story' which works towards building excellence in youth. She specializes in Personal Development, Emotional Intelligence and Positive Psychology. As a happiness coach, she mentors her clients to become more engaged and happier. She can be reached on LinkedIn.

I had been bedridden for 3 months. As I lay there helpless, overcome with fear and uncertainty, I heard a voice within. It whispered softly, "Don't give up. Patience will see you through. You'll become stronger, slowly but surely."

This was 4 years back. Just like that voice, my belief was frail and would wither away every now and then. My mother would breathe life into it again. When I had nothing to look forward to, my mother's presence sparked a Ray of Hope. She instilled a faith in me that things will get better - just like they had in the past.

The next couple of years turned into a journey of building my mental and physical strength with the support

of medical science, family, yoga and breathwork. I started reading and researching extensively, establishing daily rituals and habits for wellness. This is when I realized the power of mindset and that it's possible to change our thoughts.

**I created a positive vision for my future and took consistent small steps that led to remarkable results!**

I emerged from my moments of darkness to find hope and meaning. Today I am a happiness coach and help others to author their own success stories. **I believe happiness leads to success, not the other way round.** And success without fulfillment is a failure.

## Sharing a few things that help us build the muscle of hope:

- Family / Community: Inner strength is cultivated by supportive reciprocal relationships. It helps us believe that we can deal with whatever life throws at us.
- Spirituality: Connecting with something bigger than ourselves, strengthens our belief that we are being watched over. We are protected. Faith fosters hope.
- Laughter: Surrounding ourselves with lighthearted souls who can make us laugh, nurtures a sense of humor, which helps counter the overwhelm. Laughter indeed is the best medicine.
- Service/ Kindness: Social service/ acts of kindness create longer spells of happiness and refurbish our faith in humanity. Want to be happy? Give happiness. The formula is fairly simple. Hope helps Happiness flourish, and vice versa.
- Meaningfulness: Being able to provide meaning to everyday activities helps us maintain high levels of engagement, remain focused in the present and avoid mind wandering. Create a big picture view of clearly articulated purpose and see how every day actions align with it.

Engagement at work, quality of relationships and making a positive impact is what drives happiness. Hope comes from the ability to create positive thoughts and overcome learned helplessness.

**Live in the present while cultivating a positive vision for the future, to bring hope and happiness into your life.**





## *Fight for Justice*

Sahar Gharachorlou

*"The day I decided to take responsibility for my life and see my battles as an opportunity to rediscover myself, I started building myself and my life up."*

### **Clarity Coach, Master Trainer, and Author**

Sahar Gharachorlou is an Author and Clarity Coach, an accomplished Life coach and Master Trainer. She has worked with over 8000 people, helping them to move from fear to faith and transform their lives. She is the author of "Twice Born" through which she shares her inspiring life story. Sahar is based in Toronto, Canada. She can be reached on her website [CoachSahar.com](http://CoachSahar.com).

In 2016, Sahar Gharachorlou stood by the window with an official order to leave India in her hands.

This was the second time she was being implicated in a false case by her ex-husband. Sahar, originally from Iran, had been living in India for 16 years and her Indian citizenship had already been approved. The order, demanding her to leave the country, came as a blow!

As Sahar gazed outside the window, she observed how the forceful wind was unable to move a leaf on a plant in her balcony. Sahar took this as a sign and decided to fight as gracefully and bravely as the leaf.

Sahar's mission became to live with dignity, prove her innocence and claim her basic right of being able to express her truth.

She wanted to do it not just for herself but also to lay the path for other women who might be facing injustice. She moved the High Court against the order. Sahar knew the legal battle would be grueling and would be accompanied by incessant judgment and fault-finding by society. She realized that to face this formidable challenge, she had to transform herself.

**Sahar decided to take responsibility of her life and turn her battles into a platform for learning and evolving.**

She was all alone but determined to enjoy the fight. The result was no longer important, as long as she showed up with all her might. Sahar resolved that as a dignified woman, she didn't need anyone's approval.

She didn't know if she would win in court but no one could stop her from winning in spirit.

She went ahead and countered the false allegations. Ruling by the High court finally brought justice!

**Not only was Sahar granted the Indian citizenship, she was also honored for offering a decade of extraordinary social service to the people of India.**

Sahar is now an accomplished Life coach and Master Trainer who has worked with over 8000 people, helping them to move from fear to faith and transform their lives. She is the author of "Twice Born" through which she shares her inspiring life story.

**What stood out for you in Sahar's story?**



# *The Final Good-Bye*

Axel Schwartz

*"Initiate your inner journey as early as possible."*



## Home of Trust

Axel Schwartz is based in Germany. He runs a consultancy that builds on his philosophy of self-awareness and trust-based leadership. He offers a holistic approach to inculcate the feeling of 'The Joy of Change' and a fulfilled life. He offers services in German, English and Italian. He can be reached on LinkedIn or on his website [Veraenderungswirkstatt.de](http://Veraenderungswirkstatt.de)

In Aug 2019, Axel Schwartz was faced with the hardest task as a parent – preparing his children to bid a final good-bye to their mother and his wife of 24 years.

Petra was the love of Axel's life. He had married her against the advice of close friends who had rightfully suspected that Petra's pre-existing health issues would never get better. This was re-confirmed a week before their wedding when Petra had to undergo an emergency medical procedure that reduced her possibility of having children. Axel was still not deterred and they got married in 1995.

Miraculously, they went on to have two beautiful children. Raising them became Axel's driving force.

He started seeing his role as being their guide and advisor. His parenting philosophy, shaped by his own parents and mentors, was one of trust - he placed his full confidence in his children and empowered them so they could develop self-confidence.

In 2002, Petra was additionally diagnosed with multiple sclerosis, after 8 years of trying to exclude it. In spite of that, she continued to manage the household and take care of the children. Being masterful at organizing, project management and IT, she created a home infrastructure where everything was taken care of, till the onset of the very last stage of her condition in 2017.

**Even in a situation of complete hopelessness and inevitable fatality, Axel and Petra created a meaningful life, raised a wonderful family and treasured the moments they spent together!**

Seeing their journey together coming to an end, Axel managed his heartbreak and prepared his children to convey their feelings and last messages to Petra. She passed away peacefully in Nov 2019.

Over the years, Axel developed a deeper sense of self-awareness and introspection – What are his values? What does he stand for? Why does he get out of bed in the morning? He was drawn to understanding the role of personality and trustworthy communication. Today he runs a consultancy that builds on his philosophy of self-awareness and trust-based leadership. He offers a holistic approach to inculcate the feeling of ‘The Joy of Change’ and a fulfilled life.

### **Axel Schwartz shares his life lessons:**

- Initiate your inner journey.
- Make self-care a priority.
- Ask for unconditional help.
- Be aware of your personality, values and motivators.
- Live authentically aligned with your personality.
- Stay open to change, explore new perspectives and options.
- **Don't postpone the things that you really want to do!**



# Discovering Vulnerability



## Niti Nadarajah

*"What I once thought was a weakness has now become my biggest strength. My ability to be vulnerable and hold space for others is the fuel that drives me forward with purpose and passion."*

### Senior Lawyer and Equity Advocate Pink Elephants Peer Support Champion

Niti Nadarajah is an advocate for a range of issues both within the legal profession and in the community more broadly, from mental health to flexibility, from gender equity to inclusive and authentic leadership that demonstrates empathy and courage, kindness and vulnerability. Niti is based in Australia. She can be reached on LinkedIn.

"Are you **ok**?" A simple question by a colleague unleashed a floodgate of emotion and an avalanche of words poured out her inner turmoil.

Niti Nadarajah was **not ok** and hadn't been for some time. Growing up, she thought that strength lay in hiding one's emotions from the world; that displaying one's emotions meant showing weakness.

So, when she suffered two early pregnancy losses after the birth of her first child, she kept her tears at bay in front of others, escaping to the bathroom when the grief threatened to overwhelm. Despite feeling like a walking zombie, she thought that by soldiering on, the emotional turmoil would eventually pass.

That day when someone stopped a meeting to enquire about her well-being, Niti was stunned at her own outburst. **What followed was a realization that sharing brings healing – that vulnerability is a strength.**

At that moment, Niti knew that she wanted to share her story more widely and help others feel less alone. The only questions were how and whether she had the courage to talk about something so personal with others.

"What would people think? Would they care? Could I share something so personal?" Pushing through her trepidation, Niti realized that her stories can help others feel seen and heard in their grief; that her thoughts

**do** matter and that her voice **can** make a difference.

Today, Niti Nadarajah openly shares her personal experiences and learnings in the hope of driving a much-needed conversation on mental health issues, walking the walk on DEI and the need for greater authenticity and vulnerability, both within her own profession of law and within the broader community. It is most gratifying for her when people say that she made them feel heard and seen. Building on her desire to help those

dealing with the trauma of early pregnancy loss, Niti has become a peer support companion with The Pink Elephants Support Network, to assist other women going through these distressing experiences.

Niti says, “What I once thought was a weakness has now become my biggest strength. My ability to be vulnerable and hold space for others is the fuel that drives me forward with purpose and passion.”

**Do you trust that your thoughts matter ?**





# *Drift Not, Swim*



Sushama Swarup

*"Every problem has a solution and hardships bring out your untapped potential."*

## **Author and Speaker, Trans-cultural Psychologist Connoisseur of Indian Art and Antiques**

In her career as a Trans-cultural Psychologist and Counselor based in Milan (Italy), Sushama Swarup created a niche for herself in working with Indian children adopted by Italian parents. As a connoisseur of Indian art, culture and language, she collaborates with various academic institutions and speaks at conferences. A collector of antiques, she holds exhibitions of her private collection at prestigious venues in Italy. She is a published author of "Costumes and Textiles of Awadh". Founder member of Indian Association of Northern Italy (1982). She can be reached at [sushama.swarup@gmail.com](mailto:sushama.swarup@gmail.com).

It was called "the furnace" by hospital staff - last room in the corridor, without air conditioning in hot Milanese summer, windows sealed due to COVID 19 safety measures, making it hard to breathe even for someone healthy. Sushama Swarup Sahai, age 71, was alone in that room battling COVID 19 and pneumonia, struggling to breathe – yet, relieved to be in a hospital at last!

June 2020. Hospitals were admitting only the most critical of COVID cases. Both Sushama Swarup and her husband had tested COVID positive. Her husband had severe symptoms and was admitted but she was sent back home.

In isolation, at home all alone, her condition rapidly deteriorated. She recalls the next days as the most challenging time of her life. No one was allowed to visit. Her children were overseas and used to take turns to monitor her through video calls. The hospital was still not ensuring her a bed!

Sushama Swarup realized that this was a matter of survival. She had to rely on her own faculties to come out of this situation and could not go into a panic mode. She asked her family physician to drop off prescribed shots which she learnt to administer herself. At the end of day 5, she knew she needed medical treatment and decided to call an

ambulance from another hospital. Once at the hospital, Sushama Swarup was optimistic that she would recover.

She chose to place her full faith in the doctors, which helped her to let go of anxiety and stay composed.

Years of experience with positive psychology had trained her to see the good in every situation. **As a psychologist and counselor, Sushma Swarup believed that every problem has a solution and hardships bring out your untapped potential.** Even then, undergoing treatment,

low on energy, stuck in a small hospital room without ventilation, she was alert and did not give up looking for solutions. Soon she located a small vent in the attached bathroom. Keeping the connecting door open, a whiff of fresh air reached her and she used that to keep herself going for 15 days in that room!

At the age of 71, Sushama Swarup Sahai defeated covid-19 and overcame one of the most challenging times of her life through positivity, will-power and presence of mind.

### **She shares her message for people facing hardships:**

- Do not panic - Use all your faculties to find a solution.
- Be brave - Believe that you can overcome any problem.
- Never give up - Discover your Inner Strength and fighting spirit.
- Be curious - See the good in all situations.
- Have faith in others - it will bring you peace of mind.





# *The Gift of Adversity*

Saloni Gupta

*“When external points of reference no longer exist, we can access our inner resources to establish a clear path for success.”*

## **International Executive Coach, Founder and CEO, CoachSaloni.com**

Saloni Gupta is a certified international executive coach and former HR leader with over 17 years of corporate experience across North America, Europe, and Asia. She is recognized for helping leaders enhance their self-awareness, navigate change with confidence and lead authentically. Saloni has a flair for facilitating learning through coaching, assessments, talent consulting, and training. She is a passionate speaker on topics of leading change, stress management, resilience, and inclusion. She can be reached at [CoachSaloni.com](http://CoachSaloni.com).

July 2020. I lay in bed immobilized with pain and fear. Anxiety about the family's safety and future had aggravated my chronic health condition.

Our Green Card was denied. We had to leave a well-established life in the USA and shift our family to Italy in the middle of a pandemic.

Relocating wasn't new for me. Moving across 11 cities, 4 countries and 3 continents had taught me to thrive in disruption and uncertainty. Yet this time, I felt totally unprepared to deal with the precariousness that lay ahead.

That morning, I read a quote by the Dalai Lama, “Remember that sometimes not getting what you want is a wonderful stroke of luck”. The words struck me - it reminded me of all the times I had witnessed this to be true!

Could this adversity be a blessing in disguise? I started building on this thought in my mindfulness practice and discussing it with my inner circle.

**I realized that circumstances do not have power, I was assigning meaning to them and I could choose my response.** I shifted my focus – from what was beyond my control and

feeling like a victim to reclaiming my power and exploring opportunities hidden in this change.

Self-care, attention to diet and exercise helped me sustain this transformation. As a family, we aligned on the kind of life we wanted to create for ourselves in Italy. This became our guiding star for decisions and actions regarding school, areas to live etc.

I had my answer too. This was the push I needed to take a leap of faith - leave a comfortable corporate career to answer my true calling of becoming an executive coach.

1 year into the relocation, we are settling down well in our new lives. There have been ups and downs that have helped us sharpen our pivotal survival skills of agility and resilience.

I have embarked on my entrepreneurial journey. As an executive coach, this experience has made me wiser, braver and more empathetic. It has enhanced my understanding of grief, loss and the harsh realities of life. I can relate at a deeper level with leaders facing disruption and help them own their power in any situation. It has reaffirmed my belief in holistic coaching – enabling my clients to manage stress and enhance wellbeing, along with performance and impact.

## Sharing my life lessons :

- ⦿ Have a vision for your life. Ask yourself one simple question: “What kind of a life do I want to create for myself?”
- ⦿ Focus on what you **can** control. Explore options and take small consistent steps towards realizing your vision.
- ⦿ Invest in developing your most important resource: self awareness. Understand your strengths, values, drivers and derailers.
- ⦿ Be authentic – own your story. Your culture, personality and experiences make you unique. Accept yourself and show up as your whole self.
- ⦿ Make your wellbeing and self-care a priority. Transformation begins within!



A low-angle, rear-view shot of a person running on a paved road. The person is wearing a light-colored top and leggings. The road has a bright yellow line in the foreground. The background shows a sunset or sunrise with a warm orange glow and some distant structures.

*Want to be an inspiring leader  
even in turbulent times?*

*Learn to foster hope in yourself  
and others. Contact me at  
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