



Sahar Azarabadi, P.C.C.

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Experience / Approach

Sahar is the founder and principal of Anthos Solutions and a Strategic Partner with Mariposa Leadership, Inc. She brings a deep background of nearly twenty years of management and executive level leadership experience in sales, marketing and business development to her coaching, facilitation, training and workshops.

Sahar is devoted to helping organizations, leaders, and high-performance teams work together more effectively and skillfully. Her focus is on the growth and development of professionals in order to cultivate long-term excellence in performance including strategy, productivity and communication. Clients report many of the following outcomes:

- More skilled communication in order to build trust, inspire teams and coordinate action towards a shared vision
- Improved capacity to inquire, listen, respond and lead others with respect, empathy and compassion
- Greater skill in building trust and credibility with executive leadership team or board, team, colleagues and customers
- Deeper, more centered leadership presence, particularly amidst conflict or challenge
- Improved ability to build powerful support networks and to influence others
- Increased capacity for creativity and innovation outcomes for all stakeholders

Recent Clients

Her most recent clients include leadership teams and Directors to CEOs at:

Accenture	Home Care Assistance	Salesforce
Amazon	Intercom	TriNet
Apple	JLL	Workday
Caastle	LinkedIn	
Deloitte	Pinterest	

Education

Sahar's education includes:

- B.S., Molecular and Cell Biology, University of California at Berkeley
- Certified Integral Coach from New Ventures West
- Professional Certified Coach with the International Coach Federation
- Leadership Embodiment Associate
- Certified in The Leadership Circle Profile and Polarity Thinking

More

People describe Sahar as warm, grounded, curious and insightful. She is a lifelong learner and committed to personal and professional development in order to best serve her clients and the world. She is fluent in English, Farsi and Turkish. Her upbringing and extensive world travel have cultivated and enabled cross-cultural awareness and appreciation. She is a long-time student of Eastern and Western traditions, philosophy and poetry—particularly Plato, Rumi and David Whyte. She is also a mindfulness practitioner, avid traveler, and lover of music.

Sahar lives in the SF Bay Area; she coaches locally and globally.