

Empowered Excellence

Edited By

DEBASMITA BASU



"Empowered Excellence"

Inspirational Journeys of Corporate Professionals



**India | UAE | Nigeria | Uzbekistan | Montenegro | Iraq |
Egypt | Thailand | Uganda | Philippines | Indonesia**
www.empyrealpublishinghouse.com

"Empowered Excellence"

Inspirational Journeys of Corporate Professionals

Edited By

Debasmita Basu

Contributed By

Gita Ramachandran

Maria Pontes

Natasha Gupta

Honey Vachhani

Dr. Tazyn Rahman

Suman Manjrekar

Dr. Saleha Ahmad

Copyright 2025 by Debasmita Basu

First Impression: August 2025

"Empowered Excellence"
Inspirational Journeys of Corporate Professionals

ISBN: 978-93-49359-62-8

Rs. 1000/- (\$80)

No part of the book may be printed, copied, stored, retrieved, duplicated and reproduced in any form without the written permission of the editor/publisher.

DISCLAIMER

Information contained in this book has been published by Empyreal Publishing House and has been obtained by the editors from sources believed to be reliable and correct to the best of their knowledge. The authors are solely responsible for the contents of the articles compiled in this book. Responsibility of authenticity of the work or the concepts/views presented by the author through this book shall lie with the author and the publisher has no role or claim or any responsibility in this regard. Errors, if any, are purely unintentional and readers are requested to communicate such error to the author to avoid discrepancies in future.

Published by:
Empyreal Publishing House

Preface

In today's fast-paced world, excellence is no longer defined by titles, income, or performance metrics alone. True excellence is holistic—rooted in purpose, aligned with values, and empowered by both personal growth and professional mastery.

Empowered Excellence brings together a diverse set of voices—leaders, coaches, wealth mentors, and corporate professionals—who have walked through fire, challenge, and transformation to arrive at clarity, success, and significance. Each contributor in this book has not only experienced their own breakthrough but has dedicated themselves to helping others rise.

This edited volume is more than just a collection of inspiring stories. It is a practical guide that blends financial literacy, leadership lessons, emotional intelligence, and spiritual alignment. From wealth creation and mindset shifts to navigating corporate challenges and leading with empathy, every chapter is a tool for transformation.

As editors, we envisioned this book as a powerful resource for anyone who is ready to live and lead with excellence—not perfection, but authenticity, resilience, and purpose.

We invite you to read, reflect, and rise.

Let these words be a spark. Let them remind you of what's possible. Let them call forth your own empowered excellence.

Acknowledgement

This book is a testament to the power of collaboration, courage, and conviction. It would not have been possible without the collective wisdom and heartfelt contributions of our authors—each one bringing their unique voice, vulnerability, and vision to these pages.

To all the contributors: Thank you for showing up with truth and generosity. Your lived experiences, powerful insights, and leadership lessons make this book not just valuable—but transformational.

To our families and support systems: Your patience, encouragement, and belief sustained us through the editing journey. Thank you for giving us the space to create.

To our mentors, guides, and coaches—who shaped our paths and challenged us to rise higher—your wisdom is embedded in every word.

To the readers: This book is yours. May it inspire you, support you, and help you reclaim your power—both financially and personally.

And above all, to the infinite intelligence of the universe that orchestrated this project with perfect timing—thank you for guiding our hearts and hands.

About the Editor



Ms. Debasmita Basu, India's Pioneer Hrhypnonlp Coach

Debasmita Basu is a trailblazing leader and India's Pioneer HRHYPNONLP Coach. With over 17 years of corporate HR experience and a strong educational background (MA in Education & MBA in Operations & HR), She is, the founder of BRASPL. She revolutionizes HR through innovative approaches like HRM, AI, and Hypnosis, empowering individuals and businesses alike. As a Certified Practitioner of iHNLP and Career Re-Igniting Specialist, she is dedicated to transforming lives. She is also the Director of, leading Basu Recruitment and Allied Services Pvt Ltd. She is Also an Author and has authored more than 140 books till date.

Connect with her:

https://linktr.ee/basu_recruitment_firm123

About the Contributors



Ms. Gita Ramachandran, Success, Leadership and Life Skills Coach. Founder, Gita's Gyan Academy

Ms. Gita Ramachandran is a trailblazing engineer, former Deputy General Manager at BPCL, and the first woman engineer hired by the organization. With 36+ years of experience in Engineering, IT, ERP, and leadership, she has broken barriers, built world-record projects, and transformed teams with empathy and vision. Today, she is the founder of Gita's Gyan Academy, a Success and Leadership Coach and a Life Transformation Strategist on a mission to empower 10,000 young professionals to achieve leadership excellence. Her work combines deep corporate insight with personal mentoring, emotional intelligence, and spiritual grounding. Learn more at <https://www.gitaramachandran.com/>



Ms. Maria Pontes, Certified Life Coach

Maria Pontes stands as a beacon of transformation and purposeful living. A Certified Life Coach with Arfeen Khan Academy, she ended her four-decade journey as HR Manager with NIIT Ltd and serves as All India Past President of IASAP, laying the foundation for her true calling.

Today, Maria specializes in Reinventing Retirement Lifestyles for Legacy and life coaching for working professionals and students—guiding corporate leaders and homemakers through life's transitions with expertise in financial planning, wellness, and purpose discovery. She is in a Mission to empower people to unlock financial independence by converting their skills into passive income sources, paving the way for truly fulfilling retirement lifestyles.



Ms. Natasha Gupta, Life Coach | Handwriting Analyst | Graphotherapist

Natasha Gupta is a certified Life Coach, Handwriting Analyst, and Graphotherapist with a passion for helping individuals understand themselves better and live more empowered lives. Her work combines the science of handwriting with the art of personal transformation to provide deep insights and practical guidance for lasting change. Whether someone is struggling with self-esteem, facing learning difficulties, seeking career direction, or simply feeling stuck, she guides them on a journey of self-discovery and improvement—one stroke at a time.

<https://www.instagram.com/handwritinganalyst.natasha?igsh=djA4Z2t2NW1iYWlZ>



Ms. Honey Vachhani, Mirror Magic Method Coach

Ms. Honey Vachhani is a radiant force of love, healing, and transformation. She believes that every woman deserves to feel deeply seen, nurtured, and empowered to reconnect with her divine essence. Through the Mirror Magic Movement™, Honey offers a gentle yet powerful path to self-love, clarity, and soulful excellence—helping women release their past wounds and create a life of authentic magic. Rooted in spirituality and personal development, her work is a sanctuary where healing meets everyday grace and strength. Honey stands for honouring every woman's innate worth and guiding her to rise into the fullest expression of her truth and light.



Dr. Tazyn, Managing Director of IARA Research Solutions Private Limited and Co-Founder of Mind Over Cancer

Dr. Tazyn is the Managing Director of IARA Research Solutions Private Limited and Co-Founder of Mind Over Cancer. She is a certified Neuro Linguistic Programming (NLP) Trainer and has been Training People on NLP for more than 5 Years now. She has been Instrumental In transforming Lives of More than 5,000 People Till date. Having defeated very advanced 3rd Stage Cancer with the help of some Proven Techniques, now she is on a Mission to Impact the Lives of at least 10 Thousand who want to reverse any Disease by 2030. She is also a TEDx Speaker.



Ms. Suman Manjrekar

Infinite Wealth Mentor, Founder of Infinite Wealth Hub,

Ms. Suman Manjrekar, is an Infinite Wealth Manager. She is on a mission to rewrite the world's money story. She believes the education system has failed to teach us how to make money work for us, leaving many people stuck in financial stress.

Her truth is simple: there's enough money for everyone; what's missing is money wisdom. Too many professionals waste time managing investments when they could focus on mastering their craft.

Through her **Money Management, Mindset & Healing Model**, she not only helps working professionals multiply their money to achieve their financial goals, but also helps them change their wealth blueprint and heal from their money scars, without sacrificing their peace.



Dr. Saleha Ahmad, Purpose and Goal Achievement Coach
Dr. Saleha Ahmad, Purpose and Goal Achievement Coach, has coached more than 10K executives from more than 35 companies ranging from Global Fortune 500, international, private and public sector.

Founder and CEO of GPS Goal Squad and Saleha Leadership Academy, Saleha has been a coach for more than 15 years apart from having served as a top leader. She served as Director, State Bank Institute of Leadership and headed SBIEPay.

Apart from having a doctorate in Organizational Behaviour from MDI Gurgaon, she is a certified coach and trainer from some top global institutes. A prolific writer, Saleha has published papers in international peer reviewed journals, chapters in globally acclaimed books, and a case in the acclaimed in Ivey Publishing. Her book, Your GPS to All You Truly Want is soon to be published.

Table of Contents

| Title of Chapters | Page No. |
|---|----------|
| Hypnonlp For Stress-Free Leadership: Stress Management For Leaders: How Hypnonlp Can Help Leaders Manage Stress And Anxiety <i>Ms. Debasmita Basu</i> | 1 – 7 |
| Leadership Excellence: Lessons From The Trenches <i>Ms. Gita Ramachandran</i> | 8 – 25 |
| Leadership Excellence: Job Title To Retirement Redesign <i>Ms. Maria Pontes</i> | 26 – 36 |
| Rewrite Your Career: Transform Your Path Through Handwriting <i>Natasha Gupta</i> | 37 – 43 |
| Mirror Magic™ In Corporate Life: The Invitation <i>Ms. Honey Vachhani</i> | 44 – 56 |
| Transforming Trauma Into Triumph <i>Dr. Tazyn Rahman</i> | 57 – 65 |
| Success With Suman™ - Financial Success Is Your Birthright, Let Us Be Your Success Guide & Your Success Partners <i>Suman Manjrekar</i> | 66 - 78 |
| From Burnout To Breakthrough The Gps To A Life That Works <i>Saleha Ahmad</i> | 79 – 94 |

ABOUT THE EDITOR



Ms. Debasmita Basu
India's Pioneer Hrhypnonlp Coach

ABOUT THE CONTRIBUTORS



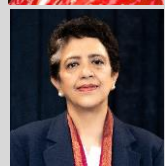
Ms. Gita Ramachandran
Success, Leadership and Life Skills Coach. Founder, Gita's Gyan Academy



Ms. Natasha Gupta
Life Coach | Handwriting Analyst | Graphotherapist



Dr. Tazyn
Managing Director of IARA Research Solutions Private Limited and Co-Founder of Mind Over Cancer



Dr. Saleha Ahmad
Purpose and Goal Achievement Coach



Ms. Maria Pontes
Certified Life Coach



Ms. Honey Vachhani
Mirror Magic Method Coach



Ms. Suman Manjrekar
Infinite Wealth Mentor, Founder of Infinite Wealth Hub

ABOUT THE BOOK

Empowered Excellence: A Collective Call to Rise

Empowered Excellence is a multi-author, edited volume that brings together transformative insights from financial experts, leadership mentors, corporate professionals, and wellness coaches—united by one mission: to help readers create wealth, purpose, and power from the inside out.

Whether you're navigating financial uncertainty, seeking personal growth, or aspiring to lead with authenticity in your career, this book offers a curated roadmap of wisdom, strategies, and real-life stories.

Inside this book, you'll discover:

- Mindset shifts to break free from financial anxiety and scarcity
- Strategic money management techniques tailored for working professionals
- Leadership lessons born in boardrooms and on the frontlines
- Tools for emotional intelligence, work-life alignment, and burnout recovery
- Inspirational stories of reinvention, resilience, and rising from setbacks
- This book doesn't just speak to your ambition—it speaks to your soul.
- Each chapter stands alone, yet collectively, they form a blueprint for holistic success in the modern world. If you're ready to thrive—not just survive—in your finances, leadership, and life, this book is your guide.
- Let these words empower your next bold step toward excellence.



India | UAE | Nigeria | Uzbekistan | Montenegro | Iraq | Egypt | Thailand | Uganda | Philippines | Indonesia

Empyrean Publishing House || www.empyreanpublishinghouse.com || info@empyreanpublishinghouse.com