



Indira Kennedy

B.Ed, ACC, IECL

Transformational Leadership Development Executive Coaching and Mentoring

Indira is a pioneer of conscious leadership. She created Conscious Leadership Australia in 2004 at a time when the word 'conscious' was barely spoken of as a transformational goal. As such, Indira is known for turning 'soft skills' into practical, business essentials through a powerful melding of neuroscience and the wisdom traditions.

In 2023 Indira won two global awards for her work supporting women in business and for providing a distinctive voice and vision that are inspiring and innovating a new narrative of leadership in all walks of life. She was recognised as someone whose expertise and spirit can inform the next wave of a more awakened and empowered leadership.

Indira works in high-performance with entrepreneurs and leaders, helping them become fully self-aware and lead masterfully, using a holistic approach to personal and team development. Applied to business it becomes the secret to ensuring people achieve with more energy, time, confidence, and meaningful, lasting results.

Indira brings more than thirty-five years' experience in the business, banking, government and non-profit sectors, firstly in Australia. For the last nine years in the U.K., she has offered transformational leadership, 70-20-10 team learning frameworks, and manager-as-coach training programs to Boards, CEOs and executive teams, including 3.5 years with UK Sport as Coaching and Leadership Development Manager.

Originally, it was her needs as a single mother of two young children that drove Indira to create her own business and ensure the abundant life she wanted for them. She went on to co-found a women's business network and develop an after-school-hours program to support working parents.

Always keen to discover more of who she is at her core, Indira has meditated in ashrams, fire-walked with Anthony Robbins, trained in personal development, and studied art in Italy. She is devoted to living the practices of yoga as a powerful, self-development, mindfulness, and self-leadership system.

Director

Leadership development consultant
IECL accredited executive coach
International speaker and author
Creator of the 8 Elements transformation program



Indira holds a Bachelor of Education (psychology), is a qualified executive coach and an award-winning trainer. She uses her knowledge of neuropsychology and mindfulness to propel the high level of business results people achieve when they find their purpose, passion and power.

Speaking internationally, Indira has presented in Paris, Kuala Lumpur, various parts of the U.K. and of course, Australia. She is author of a personal development book for women, two e-books on conscious leadership, and co-author of an Amazon No.1 bestselling book.

POPULAR TOPICS

Conscious Leadership – Women of the Future
Conscious Leadership – the role of SQ in sustainable business
Presence For Conscious Women
Skill Building In The New World Of Work
Growth Through Conscious Leadership
Mentoring For Positive Relationships
Realising Potential
Emotional Intelligence: unlocking your secret weapon at work
How To Succeed Without Selling Your Soul
Lost For Words: understanding the mind-emotion connection in times of challenge
Walking Your Talk In The New World Of Wellness
Happy For No Good Reason: surviving the COVID impact
Tackling The Inner Critic: understanding your ‘Three Voices’
Still Mind, Wise Heart – the 8 Elements of conscious self-leadership (mindfulness training)

TESTIMONIALS

WEBINARS

‘Indira provided a “Conscious Leadership: Women of the Future” masterclass for the EY Women’s Network which primarily focused on showcasing and discussing specific scientific, spiritual, and anecdotal solutions for our members to use to enhance their online presence, manage stress and navigate their careers.

Not only is Indira extremely knowledgeable within her field of work, she is passionate and dedicated, and this echoed throughout all of our preparation sessions as well as the final workshop. Her willingness and ability to adapt her style and materials to meet the requirements of her audience is outstanding and not something I regularly witness with external speakers.

I can’t thank her enough for her presentation and I hope to work with her again in the future.’
ISABEL MORRIS, EY Women’s Network co-lead, London, U.K.

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‘Really enjoyed “breathing it out” in this morning's session with Indira Kennedy via Voice At The Table Ltd. I love learning more about how the brain works and am always blown away when I study this subject further. Some powerful insights shared around becoming more aware of how our thinking impacts our emotions and our emotions impact our thinking.’
SARAH HAYES, Voice At The Table, London, U.K.

KEYNOTE WORKSHOPS

‘I was totally inspired by your presentation on Conscious Leadership at the ASpa National Conference. From the first word your presence on stage and your obvious depth of knowledge had thoughts firing in my head about how I can improve myself, my business and the community around me. It was one of the most inspiring and motivational talks I have heard in years.’

CHARLES DAVIDSON Founder and Director, Peninsula Hot Springs, Rye, Victoria, Australia

EXECUTIVE TRAINING AND COACHING

‘Instilling a coaching practice across all levels of staff has been an important step forward in the past year to promote a culture of listening, development and high performance within the organisation. As a manager, this has been most evident in how the PDP conversations for the coming year have been shaped, focusing on the person whilst ensuring performance objectives are more closely aligned, complemented and maximised by an individual’s development plans.’

SENIOR MANAGER, UK Sport, London. U.K.

SELECTION OF EVENTS

Some of the clients Indira has presented to on conscious leadership, online and face-to-face.

WEBINARS

EY leadership network and EY women’s network

Bazalgette Tideway staff

Voice At The Table corporate webinar series and client engagements

Athena Network

WORKSHOPS AND TRAINING

HSBC graduate conference, workshops, Birmingham

BBC lawyers, workshop, London

Accenture diversity network, workshop, London

UK Sport National Conference, training workshop, Manchester

Queen Elizabeth Foundation, strategy, training and coaching, London

Carers Trust, strategy, training, coaching, tour of 5 major centres in the U.K.

National Australia Bank, strategy, training, coaching, Melbourne, Sydney, Australia

Alchimie staff and client conferences, visioning workshops, Melbourne, Australia

Kingston City Council, women in business, sport network workshops, Melbourne, Australia

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KEYNOTES

Women In Construction and Engineering Awards Summit, London U.K.
Women Economic Forum, London, U.K.
Professional Women's Network, Paris, France
Thomvell International, Leadership Conference, Kuala Lumpur, Malaysia
Australasian Spa Association, International Conference, Sydney, Australia
UK Spa Association, national conference, Chester, U.K.
Entrepreneurs' Social, keynote, Reading, U.K.
Catori, Entrepreneurs' Social, Manchester, U.K.

OTHER

Various non-profit organisations, business networks, podcasts and community radio

PUBLICATIONS

Still Mind, Wise Heart (book 1): The 5 Realities Of Conscious Self-leadership
Still Mind, Wise Heart (book 2): The 8 Elements Of Self-Mastery
Voices Of Hope (compiled by Brenda Dempsey)
Gorgeous All Over – a daily guide for women with spirit
Realising Potential: Using the GROW model in the PDP conversation

CONTACT

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Australia, United Kingdom and Europe

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8 ELEMENTS