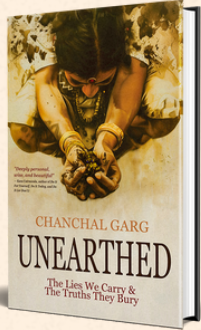


CHANCHAL GARG

EXECUTIVE COACH / FACILITATOR OF CONSCIOUS LEADERSHIP / AUTHOR

Chanchal Garg is a speaker, author, executive coach, and conscious leadership facilitator. She transforms lives by helping clients break through limiting beliefs and create authentic connections. Drawing from her MBA and personal experiences, she addresses difficult truths directly while fostering environments of openness and collaboration.



For over seven years, Chanchal has facilitated Stanford University's Graduate School of Business' most popular elective course on interpersonal dynamics, impacting over 500 future business leaders. As the founder of Real Space—a thriving six-figure coaching business—she guides leaders to transcend cultural and societal constraints, harnessing their personal power in both work and life.

Chanchal is the author of *Unearthed: The Lies We Carry and the Truths They Bury*. Her expertise has been showcased through speaking engagements, including Lululemon's International Women's Day event, and on podcasts such as *She Has the Mic* and *I Don't Give a Should*.

Praise for *Unearthed*:

"Deeply personal, wise, and beautiful" — Kara Cutruzzula, author of *Do It for Yourself, Do It Today, and Do It (or Don't)*

"A powerful, courageous, and vital read." —Jas Rawlinson, award-winning speaker, advocate, and best-selling author

"This story will resonate deeply with anyone who has experienced abuse within systems of power. A must-read for those interested in stories of loyalty, lies and liberation. —Rosie McMahan, author and counselor

"Chanchal Garg lays the story out in deft, beautiful writing." —Melissa Connelly, author of *What was Lost*

"I loved reading about how Garg approached breaking generational patterns, finding the courage to live on her own terms." — Elaine Lou Cartas, Business & Executive Career Coach for WOC & Allies

Speaking Subjects:

• Power and Fear in the Same Breath: Leading with Courage When It Counts Most

How do you act when fear is loud and the stakes are high? This talk explores how fear and power often arrive together—and how to recognize that moment as a turning point. Through real stories and practical insights, women leaders will be invited to step into aligned action, even when certainty is out of reach.

• Rooted, Not Bound: Reimagining Loyalty to Culture, Ancestors, and Self

What if obedience isn't the same as honor? This talk challenges inherited narratives about cultural loyalty and offers a liberatory path forward—one that honors your lineage without betraying yourself. Designed especially for daughters of immigrants and women straddling multiple worlds.

• When You Lose Your Gods: Reclaiming the Sacred Within

What happens when the systems, stories, or spiritual guides you trusted fall apart? This intimate talk invites leaders to reconnect with their inner compass and rebuild trust in their own knowing—especially in the aftermath of disillusionment, betrayal, or transition.

• Built for Survival, Called to Lead: Rewriting Leadership as a Daughter of Immigrants

What if the qualities that helped you survive—silence, overachievement, self-sacrifice—are the same ones holding your leadership back? This talk explores how cultural and familial conditioning shape the leadership of daughters of immigrants, and how to move from survival-driven success to power rooted in truth, voice, and wholeness.

• What Looks Like Strength: The Hidden Cost of Performing Power

What if the strength they see in you isn't the full story? In high-achieving women, especially daughters of immigrants, power often gets performed through perfectionism, overexplaining, or silent endurance. This talk exposes the unseen emotional labor behind "strong leadership," and offers a path toward power that's not just impressive, but integrated. Through storytelling and reflection, women will explore how to lead from presence instead of performance.



@Chanchal_Unearthed



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