ABOUT US:

Saleheh Vahaji, Founder, and Head Coach

I am a dynamic, vibrant, and enthusiastic coach with a gift for relating to people. I have more than 20 years of experience working in Finance, Telecom, Business, and Consulting in the DC area. I work with corporations, nonprofits, and start-up companies. Additionally, I teach as an Adjunct Professor at George Washington University's School of Business.

On a personal note, although I was born here in the U.S., I actually grew up in Iran. I lived there from early childhood through my college years. After college, I returned to the U.S. for my Master's Degree and have been here ever since. I live just outside DC with my wonderful, supportive partner and my delightful young son. They are my world and constantly keep me entertained!

My Journey to Becoming a Coach

I entered the world of coaching just a few years ago. My career was active and busy, but something felt missing. I wasn't feeling fulfilled or even happy with what I was doing on a daily basis. I was restless and frustrated. I knew I had to make a change, but could not figure out what that change should be. It was not until I received the biggest wake-up call of my life to inspire me to take action.

A few years ago, my doctor discovered a cyst that required major surgery. Unfortunately, I suffered a wholly unexpected and severe allergic reaction to the administered painkillers. I had to be transferred to the Intensive Care Unit where I spent weeks in recovery. Having experienced the trauma of a life-threatening event, I saw this as a sign that I needed to take control of my future and find my life's true purpose. Ultimately, I signed on a with a life coach. Coaching truly transformed my life. It completely changed how I saw myself, and for the better. Through direct and steadfast questioning, my coach helped me identify what was holding me back, set clear goals with me, and held me accountable to those goals. I went from being anxious and discouraged to feeling excited, inspired, and ready for a bright future.

My mission now is to provide assistance to others the way my coach supported me. My goal is to help others hone their innate talents, and discover their passions so they can lead happy, satisfying lives. I focus on people and their well-being. People are the building blocks of an organization and deserve to feel valued and enthusiastic about their work. Their fulfillment will lead to a more congenial and fruitful workplace.