



Dr. Parmpreet Kalsi

Executive Coach & Facilitator

As an executive coach and facilitator at ClearRock, Parm works closely with leaders and their teams to unlock their true potential. Drawing on her background as a trained psychologist, she applies the science of behavior change to executive coaching and helps leaders and teams make sustainable and positive change.

Parm has over a decade of experience in applied behavioral sciences as a psychologist and respected university lecturer. Her applied doctoral research specialized in stress management and the science behind how thoughts and intent turn into real life behaviors. Parm builds on her deep expertise in cognitive neuropsychology and behavioral science in her coaching. She helps her clients understand and break down the complex nature of behavior change in individuals and teams. By doing so, she helps them deliver sustained positive change aligned to their business goals.

As a BIPOC leader, Parm is passionate about supporting leaders from a range of backgrounds and ethnicities and brings a cross-cultural approach to her coaching.

Prior to ClearRock, Parm worked as a Chartered Health Psychologist in the United Kingdom. She worked in various roles within the National Health Service (NHS) as a researcher and consultant within public health. As a published academic, Parm taught and supervised postgraduate research as part of London's City University, Psychology faculty. Since emigrating to the US, Parm has supported emerging leaders within several non-profit and for-profit organizations as an executive coach.

Parm holds doctorate and master's degrees in Health Psychology from London City University, as well as a Bachelor's of Science in Psychology and Cognitive Neuroscience from the University of Nottingham. She trained in executive coaching at William James College, in the Graduate Certificate in Executive Coaching (GCEC) program and is an Associate Certified Coach (ACC) through the International Coaching Federation (ICF). She is an affiliate member of the Institute of Coaching and is a Chartered Health Psychologist by the British Psychological Society (BPS), UK. Parm is also a certified practitioner in the EQ-I assessment.

Parm supports several national and international pro-bono coaching programs and works closely with non-profit organizations and their emerging leaders. She also serves as a Board Member at The Children's Room, a nonprofit organization which offers grief support. In her spare time, she loves spending time with her family in nature, cooking, and listening to classical Indian music.