



Dr. Parmpreet Kalsi

*Vice President & Lead Coach,
Executive Coaching and Leadership Development*

As ClearRock's Vice President and Lead Coach for Executive Coaching and Leadership Development, Dr. Parmpreet (Parm) Kalsi partners with C-suite executives, senior leaders, and their teams to deepen leadership effectiveness, strengthen organizational capability, and build cultures where people and performance thrive.

With more than a decade of applied behavioral science experience, she brings an evidence-based, human-centered approach that drives measurable, sustainable results to support talent optimization and business strategy. Specializing in the intersection of neuroscience, stress, and workplace performance, she helps leaders enhance emotional intelligence, enhance resilience, lead through uncertainty, and create conditions for their teams to excel.

Parm also provides strategic oversight and supervision to the coaching practice, embedding best-practices, and ensuring consistently high-quality, evidence-based coaching. She is passionate about supporting leaders from diverse backgrounds and brings a strong cross-cultural and neuroinclusive approach to her coaching.

Prior to ClearRock, Parm worked as a Chartered Health Psychologist in the UK holding research and consulting roles within the National Health Service (NHS) focusing on public health and wellbeing initiatives. As a published academic and international speaker, she taught and supervised postgraduate research as part of London's City University, Psychology faculty. Since emigrating to the US, she supports leaders across nonprofit and corporate sectors through her coaching work.

Parm holds doctorate and master's degrees in Health & Behavioral Psychology from London City University, as well as a Bachelor of Science in Psychology and Cognitive Neuroscience from the University of Nottingham. She earned a Graduate Certificate in Executive Coaching, from William James College and is an Associate Certified Coach (ACC) through the International Coaching Federation (ICF), an Affiliate Member of the Institute of Coaching (IOC), and a Chartered Health Psychologist by the British Psychological Society (BPS). She is certified in EQ-I 2.0 and Predictive Index.

Committed to service, she supports several national and international pro-bono coaching programs. She also serves as a Board Member at The Children's Room, which offers grief support. In her spare time, she loves being in nature, cooking, painting, and listening to classical Indian music.