

**Company Contact Name:**

Blend Associates Ltd

**Contact Details:**

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**LinkedIn Profile:**

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**Geographical Base:**

Netherlands/Worldwide Remote

**PROFILE:**

Amaranatho, currently the Head of Faculty and Leadership at Blend, is an accredited coaching supervisor and senior practitioner of the European Mentoring and Coaching Council (EMCC). His vast experience in diverse industries, ranging from education and IT tech companies to the health industry, stems from his background in technical support management and a degree in AI.

As a leadership consultant and mindfulness-based executive coach, Amaranatho employs his unique approach known as the PlayfulMonk method. This method effectively supports senior executives, agile leaders, and teams in remaining calm and connected during complex situations: improving leadership effectiveness and business outcomes. Drawing from his experiences as a former Buddhist monk and world explorer, he offers a profound understanding of solitude and uncertainty to his clients, assisting them in recognizing inner peace and clarity.

Amaranatho's clients include CEOs, Heads of Nursing, founders of large startups, HR executives, and cybersecurity teams. His coaching helps clients improve their self-reflection skills, boundary management, personal and ethical awareness, as well as their ability to handle personal and group tensions. Currently, he focuses on collective leadership.

With his diverse background and unique approach, Amaranatho is dedicated to empowering his clients to reach their full potential and lead with confidence and compassion. Although Amaranatho keeps his Buddhist name, his work is entirely secular, and he has no religious affiliations. It's worth noting that he is English and resides in the Netherlands.

**COACHING, MENTORING & FACILITATION EXPERIENCE:****COACHING:**

**PON BV** - Eight-week coaching program for executives at PON in the Netherlands a holding company for several large companies in the transport, to improve self-awareness, mindfulness and ability to adapt.

**Eton College** - Ran and designed the first academic year-long mindfulness for educators program. Improving the self-awareness of the educators and the ability to work under pressure.

**Armadale Hospital, Perth, Australia** - Amaranatho ran a week-long employee engagement program called "PlayfulMonk in Residence" with over 300 people. He trained doctors, nurse and admin staff in mindfulness, vicarious trauma, mental well-being leadership and community building.

**Group coaching:** Run regular group coaching for men for personal and spiritual development

**Supervision:** Amaranatho offers group supervision to Doctors Without Borders | Médecins Sans Frontières (MSF), agile coaches and scrum masters, and team coaches.

**FACILITATION:**

Amaranatho was the lead facilitator and trainer from June 2009 till 2015 for the charity All Faiths and None (AFAN). This charity brings the big questions in life to young people in further education colleges. He travelled extensively all over England to facilitate dialogue with young people and train teachers on how to do this.

During his time as a Buddhist monk, Amaranatho has facilitated over 100 workshops on a diverse range of topics including mental health, interpersonal mindfulness, vicarious trauma and community building.



## PSYCHOMETRIC PROFILING:

- Leadership Circle Profile 360° Assessment
- The Collective Leadership Assessment

## KEY SKILLS:

- Increase client's self-awareness and ability to present.
- Use mindfulness, well-being, resilience and emotional intelligence to innovate teams and align individuals.
- Develop leaders and executives' mindsets and systemic awareness
- To support clients to recognise peace
- Help leaders understand and develop agile organisations
- Support personal development through a trauma sensitive approach

## PROFESSIONAL QUALIFICATIONS AND TRAINING:

- EIA – A coach at the senior practitioner level of EMCC
- ESQA – Diploma in coaching and mentoring supervision with BlueSky International
- EISA – A coaching and mentoring supervisor with EMCC
- Scrum Master with Scrum Alliance

## PROFESSIONAL MEMBERSHIP:

- Member of European Mentoring and Coaching Council (EMCC)
- Agile Alliance

## CAREER BACKGROUND:

Amaranatho started his working life as a technical support manager and this took him on a transformational journey from getting a degree in Artificial intelligence, to world explorer and spending 15 years as a Buddhist monk. He has spent long periods alone, in isolation and dealing with uncertainty.

During his time as a Buddhist monk, Amaranatho ran more than 70 residential mindful retreats around the world for up to 100 participants over a 15-year period. He held other managerial roles in the community to support the well-being of the residents and visitors, which included developing mental health, child protection and risk assessment policies and implementing them. Amaranatho has edited two books on mindfulness: *Intuitive Awareness* and *the Sound of Silence*.

In 2015 Amaranatho started his own business in the Netherlands as an executive/leadership coach and coaching supervisor. You can find a one-minute video about him at

<https://www.youtube.com/watch?v=ImvuQizaMsE>

## RECENT TESTIMONIALS:

*"When you want to grow collectively, as a company or as an ecosystem, one need first to deeply understand him- or herself. Today's structures are complex, autonomous and self-driven, this requires leaders with other capabilities, one need to be aware and to see all as a whole.*

*Amaranatho lived this from bottom-up, broadly experienced adventurer who also lived as an ex-buddhist Monk. He found a way to bring all this together to connect with the ability (and often necessity) for personal growth as an entrepreneur / C-suite executive. I'm very thankful and enjoyed every little step on the way which helped me to become a better autonomous version of myself."*

**Guus former co-founder of B. Europe largest Eco startup system**

*"Amaranatho is effective in understanding quickly what the issue is and reflecting this back to me. His listening skills go beyond the standard approaches and penetrate the issue. This leads to a quality of depth in questioning. I have learned a lot from this. His approach is direct, strong and kind. There will be a lot of clarity during the session that increases my own self reflective capacity."*

**John - mental health nurse and CBT therapist (a supervisee)**