

Grace Kagahastian



**Manila, Philippines, PCC
Professional Certified Coach
Shared Leadership Team Coach
Executive Coach**

Grace Kagahastian, Shared Leadership Team Coach of LIM

Grace brings two decades of expertise in leadership and organizational development, excelling as an HR Professional, Consultant, Business Development Specialist, Executive Coach, and Team Coach.

Grace is committed to excellence in coaching and organizational transformation. Her dedication and impact have earned her significant accolades, including being named among the **Top 100 Filipinos on LinkedIn** for three consecutive years and being inducted into the **Top 100 Most Influential Women Hall of Fame**. She was also honored with the **Asia's Woman Award** by the Leadership Congress in Singapore, recognizing her passion for empowering individuals and teams.

During the pandemic, Grace founded **Pause with Grace**, a transformative brand designed to help high-performing individuals and teams take a step back, prioritize their well-being, and harness the power of coaching, mentoring, and learning sessions. Her services have supported clients across diverse industries in Europe, the USA, Australia, and Southeast Asia, creating a global impact in fostering mental health and professional growth.

Outside of coaching, Grace finds joy in playing golf, practicing yoga, and creating meaningful content, embracing these activities as forms of self-expression and balance.

Areas of capability and interest include:

- Culture Change and Organizational Development
- Client Engagement and Business Development
- Workshop Design and Facilitation
- Executive Coaching and Team Coaching
- Family Coaching

Contact Grace at pausewithgrace@gmail.com

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