

Shruti Trivedi, Recognized by Influential Women, Empowers Women Through Life Coaching, Healing, and Purpose

HERNDON, VA, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- Blending More Than 13 Years of IT Leadership With Coaching, Financial Expertise, and Lived Experience to Support Women Through Stress, Grief, and Life Transitions

Herndon, Virginia — Shruti Trivedi is a Certified ICF Accredited (ACC) life coach, motivational speaker, and licensed financial professional focused on helping women navigate stress, emotional healing, and major life transitions. As Founder of TulsiHeals Life Coaching, Shruti brings together coaching, financial guidance, professional experience, and personal insight to help clients build emotional resilience and practical stability while creating more grounded, fulfilling lives.



With more than 13 years of experience in IT operations, consulting, and project leadership, Shruti brings a diverse professional background to her work as a coach and speaker. Her corporate career included work with organizations such as Deloitte and Fannie Mae, where she held roles involving release management, DevOps transformation, compliance, and senior consulting.

Throughout her IT career, Shruti led complex cross-functional initiatives and large-scale system changes, developing strong skills in leadership, communication, problem-solving, and guiding teams through uncertainty. Today, she draws on those experiences to support clients as they navigate their own periods of change and transformation.

Shruti's transition into coaching was deeply influenced by personal experiences of grief and pregnancy loss, including the loss of three babies. After years of navigating that journey

privately, she pursued therapy and professional coaching training, beginning a personal transformation that ultimately shaped her career.

Through that experience, Shruti developed a deeper understanding of the importance of having a safe space where people can be heard, understood, and supported. She went on to establish her coaching practice, focusing on healing and transformation.

Today, Shruti specializes in pregnancy loss coaching and grief support for women, helping clients process loss, rebuild confidence, and rediscover a sense of purpose. Her approach is grounded in empathy, authenticity, and the belief that healing begins with being seen, heard, and supported through some of life's most difficult moments.

Her experience also gives her a unique perspective on the relationship between emotional well-being and practical stability. Through her work in both coaching and financial planning, Shruti helps clients consider the personal and practical dimensions of building a more balanced life.

Shruti attributes her success to following her passion and sense of purpose, as well as the personal transformation she experienced through therapy. Her formal coach training has further strengthened her approach, while the skills she developed throughout her IT career continue to influence how she communicates, leads, and supports others.

For Shruti, one of the most important lessons in her professional journey has been the importance of pursuing meaningful work rather than simply following a predefined path.

The best career advice she has received is to follow her passion. Although the advice can sound cliché, Shruti believes life is too short to simply follow a societal path without exploring one's true purpose. Listening to leaders and innovators such as Steve Jobs, Sundar Pichai, Elon Musk, Mukesh Ambani, Jay Shetty, and other influential CEOs reinforced her belief that people often excel when their passions and strengths align.

Shruti recognizes that not everyone is meant to follow the same path. In her view, fulfillment comes from identifying the work and direction that are personally meaningful. While financial achievement matters, she believes true fulfillment ultimately comes from inner peace, purpose, and doing work that feels meaningful.

Shruti encourages young women entering the coaching industry to keep an open mind and avoid falling into a purely mentoring or "fixing" mindset. She believes coaching is fundamentally about guiding clients toward finding their own answers, particularly when they feel stuck or are dealing with challenges such as imposter syndrome.

With appropriate training and tools, coaches can create space for self-discovery rather than simply telling clients what they should do. Shruti believes this is one of the qualities that makes coaching so powerful.

She views coaching as a future-focused field that requires committed and reflective practitioners. While people naturally support one another throughout life, formal coaching provides structure, intentionality, and deeper impact to that ability to help others.

As Shruti continues developing her coaching practice, she recognizes that marketing in today's digital environment and effectively leveraging AI represent significant challenges and opportunities.

Her IT background has given her valuable technological knowledge, but her previous career was primarily centered on a traditional professional role. Outreach, marketing, and sales therefore represent areas where she continues to grow.

Although Shruti is naturally social and enjoys connecting with people, building visibility for her own work has been a learning curve. Over the past year, she has adapted to new ways of communicating with audiences, learning how to use social media, create content, and become comfortable appearing on video. Rather than viewing these challenges as obstacles, Shruti sees them as opportunities for continued personal and professional development.

The values most important to Shruti in both her professional and personal life are purpose, compassion, and service to others. Although her background is rooted in IT, coaching provides her with a deeper sense of meaning and fulfillment.

She finds tremendous value in being present for others, particularly women experiencing difficult moments. Helping someone feel seen and understood can have a profound impact, and Shruti considers that impact meaningful even when financial compensation is not involved.

At the same time, she recognizes the realities of financial responsibility and understands that offering services freely is not always possible. Nevertheless, the heart of her work remains rooted in empathy, lived experience, and a genuine desire to support others.

Through TulsHeals Life Coaching, Shruti continues to bring together professional expertise and personal experience to help people navigate uncertainty and move toward greater stability and fulfillment.

Her journey from IT leadership to purpose-driven coaching demonstrates the power of transformation and the importance of listening to one's inner sense of purpose. By combining professional discipline, formal coaching training, financial expertise, and lived experience, Shruti Trivedi continues to create meaningful spaces for women to heal, grow, and rediscover what is possible in their lives.

Learn More about Shruti Trivedi:

Through her Influential Women profile, <https://influentialwomen.com/connect/shruti-trivedi>

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