



Time Habits of Women Leaders

Real wisdom from inspiring women who lead with intention



Carrie Benedet

Educational Leadership Coach | E.I Specialist |
Certified Facilitator | Speaker | Author |
Global Retreats.

Pause Before Responding

Take a breath, ask better questions, reflect before
action—model values—led, emotionally intelligent
leadership.

**Show up with intention, compassion, and
whole-hearted effort—your leadership
matters.**



Sushma Banthia

Executive and Leadership Coach (ICF – PCC) | Facilitator | Author

Time Blocking Works

Schedule work, family, and self at least a month in advance for clarity and control.

**Make time for yourself—you'll rarely find it.
Four times weekly, 30–45 minutes minimum.**



Shalini Rao

Chief Marketing Officer – BIAL | Business Leader, Brand Stewardship, Unified Customer Experience & Digital Transformation across FMCG, Consulting, Hospitality and Aviation.

Plan the Night Before

Review your calendar and write tomorrow's to-do list tonight–no matter what disrupts your morning, you'll have a plan.

Have courage to walk away or say no. You define your worth–never settle for less.



Kriti Malhotra

Wine with a Twist: Trailblazing Sommelier | Beverage Innovator | Alco Bev Extraordinaire and Hospitality Leader.

“

Plan Before You Begin Planning your day before it starts gives clarity and helps you move through it with purpose.

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Don't ignore work-life balance. Make rest a discipline, not a reward. Give time to yourself without guilt.



Rubina Khajurwala

Talent Assessment, Leadership & OD Consultant

Prioritise by Effort and Impact

Complete low-effort tasks first. Schedule high-impact work during peak productivity: morning before lunch and 4:00–6:00 pm.

You don't need to be a superwoman. Real leadership is knowing what to prioritise, when to say no, and delegating with trust.



Deepthi Boddupally

Facilitator adept at Game-Based Learning |
Freelance Content Writer | B2B Copywriter
and Content Strategist

Start Small, Build Momentum

Don't wait for large blocks of time. Break big work into small pieces—one drawer, one section, one outline.

We sacrifice sleep, food, and health first. Build physical strength—lift weights, move your body. Strength today makes everything easier tomorrow.



Shoma Mittra

Legacy Books for Leaders | I Help Founders & CEOs Turn
a Lifetime of Leadership into an Enduring Book

author coach and ghostwriter

Pause, Listen, Then Speak

People feel seen before decisions are made. You
respond with clarity, not emotion, creating trust and
understanding.

Your voice doesn't need permission—use it with
purpose. **You don't have to become louder to
matter.** You already carry quiet strength.



Shilpa Kudekar

Farasha Wellbeing & Tribe of Warrior Women.
Medical Reiki Master Teacher Practitioner
Sound Alchemist. Functional Medicine
Health Coach

Consistency is Key

Showing up regularly, reliably, and with intention builds trust, momentum, and lasting impact in everything you lead.

Kindness and compassion should be part of our psyche. They bring true health, lasting joy, and deep meaning to life.



Inoka Dias

HR Practitioner | ICF Accredited (PCC) Coach |
NLP Personal & Business Practitioner | Certified
Emotional Intelligence Practitioner | Hobbyist
Photographer | Author

Say No to Honour What Matters

Create space for focus, clarity, and balance by
intentionally stepping back from everything, for
everyone, all the time.

Believe deeply that everything is possible. When life
unfolds differently, trust you showed up fully—that's
enough to move forward.



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