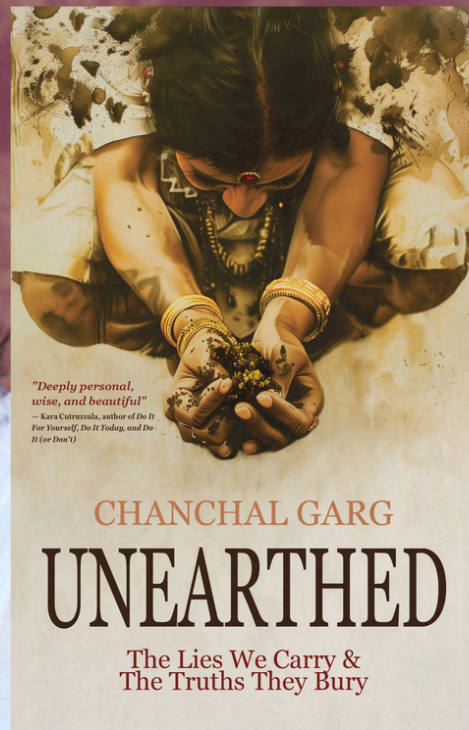




CHANCHAL GARG

EXECUTIVE COACH / FACILITATOR OF CONSCIOUS LEADERSHIP / AUTHOR

MEDIA KIT

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ABOUT CHANCHAL



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Chanchal Garg

Chanchal Garg is a speaker, executive coach and facilitator at The Stanford Graduate Business School. She is also the author of *Unearthed: The Lies We Carry & The Truths They Bury*.

LONG BIO

Chanchal Garg is a speaker, author, executive coach, and conscious leadership facilitator. She transforms lives by helping clients break through limiting beliefs and create authentic connections. Drawing from her MBA and personal experiences, she addresses difficult truths directly while fostering environments of openness and collaboration.

For over seven years, Chanchal has facilitated Stanford University's Graduate School of Business' most popular elective course on interpersonal dynamics, impacting over 500 future business leaders. As the founder of Real Space—a thriving six-figure coaching business—she guides leaders to transcend cultural and societal constraints, harnessing their personal power in both work and life.

Chanchal is the author of *Unearthed: The Lies We Carry and the Truths They Bury*. Her expertise has been showcased through speaking engagements, including Lululemon's International Women's Day event, and on podcasts such as *She Has the Mic* and *I Don't Give a Should*.

UNEARTHED

THE LIES WE CARRY & THE TRUTHS THEY CARRY

Praises for *Unearthed*

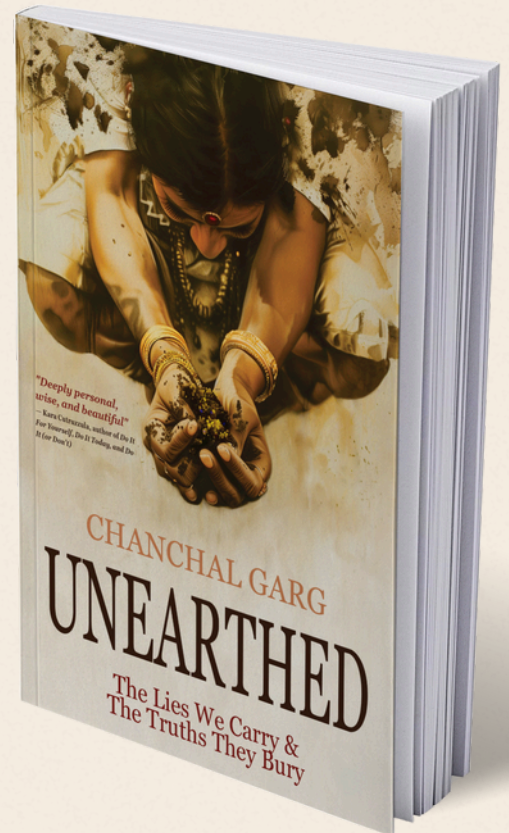
"Deeply personal, wise, and beautiful" — **Kara Cutruzzula**,
author of *Do It for Yourself, Do It Today, and Do It (or Don't)*

"A powerful, courageous, and vital read." —**Jas Rawlinson**,
award-winning speaker, advocate, and best-selling author

"This story will resonate deeply with anyone who has experienced abuse within systems of power. A must-read for those interested in stories of loyalty, lies and liberation. —**Rosie McMahan**, author and counselor

"Chanchal Garg lays the story out in deft, beautiful writing."
—**Melissa Connelly**, author of *What was Lost*

"I loved reading about how Garg approached breaking generational patterns, finding the courage to live on her own terms." — **Elaine Lou Cartas**, Business & Executive Career Coach for WOC & Allies



In this searing memoir, Chanchal Garg reveals the spiritual and sexual abuse that shattered her sense of self and forced her to question a life defined by duty and sacrifice. Raised as a devoted Indian daughter, she was taught never to question authority—until a transformative moment during a yoga class, while pregnant with her daughter, awakened a truth she could no longer ignore.

That realization set her on a solitary journey, as she lost her faith, community, and the life she had always known. Without the support she had once relied on, she had to learn to trust herself, reclaim her bicultural identity, and redefine what it meant to be both Indian and American—on her own terms.

Unearthed is a powerful call to every woman who has ever felt silenced—an invitation to trust your inner voice, reclaim your story, and return to yourself.

SUGGESTED QUESTIONS

1. Your memoir is a moving account of a woman reclaiming her power. What inspired you to write *Unearthed*, and why now?
2. You talk about being raised as a “dutiful Indian daughter” in America. How did that dual cultural identity shape your early beliefs around authority, womanhood, and belonging?
3. Spiritual and sexual abuse are incredibly difficult topics to speak about—especially when intertwined with faith and culture. What gave you the strength to confront and share these experiences publicly?
4. There’s a pivotal moment in the book during a yoga class, while you were pregnant, that sparked your transformation. Can you take us into that moment and what shifted for you internally?
5. What was the most challenging part of leaving your spiritual community, and what helped you find your footing again?
6. What does reclaiming cultural identity look like for you today, and how do you balance honoring tradition with living authentically?
7. How has motherhood influenced your healing journey?
8. How has your personal journey shaped the way you show up as a coach and educator?
9. For many women of color, especially in immigrant communities, speaking up against abuse can feel impossible. What message do you most hope your story sends to them?
10. What does the word *Unearthed* mean to you now, after writing this book?