



CEEK a Better Way



Dimple Dhabalia, JD | ICF ACC | CAPP | mPEAK

Dimple Dhabalia is a leadership coach, speaker, author, facilitator, and founder of Roots in the Clouds, specializing in moral injury, institutional betrayal, and vicarious trauma in government, humanitarian, and other mission-driven sectors. Drawing on nearly two decades of federal service—including work on some of the most complex human-centered challenges in global migration and asylum operations—Dimple brings both lived experience and clinical grounding to her work with senior leaders navigating an era of compounding institutional crises.

Dimple partners with leaders and organizations in government, humanitarian, and nonprofit sectors to build the psychological safety, relational trust, and moral courage required to lead with integrity — without losing themselves to systemic pressures in the process. Her coaching approach is trauma-informed and evidence-based, drawing on neuroscience, positive psychology, spiritual ecology, and mindful performance to help leaders regulate their nervous systems, develop self-compassion, and shift from reactive patterns to values-aligned leadership.

Dimple is an ICF-accredited executive coach with a Certificate in Applied Positive Psychology (CAPP), a certified mPEAK mindful performance coach, and is working towards becoming a Certified Clinical Trauma Specialist. She also holds a J.D. from the University of Denver College of Law.

Her first book, [*Tell Me My Story—Challenging the Narrative of Service Before Self*](#) [Ambika Media 2024], was named a 2025 Independent Press Award Distinguished Favorite, 2024 NYC Big Book Award Distinguished Favorite, and excerpted in the [*Stanford Social Innovation Review*](#). Her work has also been featured in [*Fast Company*](#), [*CEO World Magazine*](#), and the [*Federal News Network*](#). Dimple is the creator and host of [*Service Without Sacrifice*](#), a limited-series companion podcast to *Tell Me My Story*, and the creator and co-host of the popular podcast [*What Would Ted Lasso Do?*](#) exploring life and leadership through the popular TV show “Ted Lasso.”

Find Dimple @dimpstory across all social media platforms, and on [Substack](#).