

Seema Agarwal



Ms. Seema Agarwal

Hello. My name is Ms. Seema Agarwal, and I am a full-time Clinical Psychologist and a Behavioural Trainer. I am also a Certified Assessor, Chally Consultant, LPI (Leonard Personality Inventory) Trainer, NLP Practitioner and an Executive Coach.

Along with a fellow colleague, I co-founded iThrive™ in October 2016. iThrive is a center for counselling & holistic development based out of Mumbai.

I have been an entrepreneur for 20 years, with recent years having focused exclusively in Counselling, Human Resources and Training.

I hold 7 years of experience in my field, with core expertise in the areas of corporate assessment, leadership skills development, soft skills training, counselling professionals and emotional intelligence.

Capabilities and Experience

Over the years, I have conducted several specialized assessment programs for professionals to develop leadership skills, and have provided soft skills training (stress management, winning with emotional excellence, team building, communication skills, conflict management, target orientation, motivation & performance management) to build winning teams. Professionally, I have been associated with several corporate houses and financial institutions of varying sizes involved in Talent Management, H.R and Training interventions. My corporate affiliations include: **Canara Bank, Canara HSBC OBC Life Insurance, J P Morgan Chase, Department of Income Tax, RCF Ltd, BPCL, Tata Power Ltd, Western Railways, Kalsekar Hospital, Krish Mark Infotech (India) Pvt Ltd., Citrus Payment Solutions etc.**

Education and Credentials

- I have done my Masters in Clinical Psychology. I have completed my Post Graduation in Counselling from Tata Institute of Social Sciences in Mumbai, and received the '**Best Student Award**' for the same. I have completed my B.Sc. in Zoology (Honours) from Delhi University.
- I have an entrepreneurial experience of around 20 years in my own venture, which involved creating customized couture for clients. In the field of counselling (individual, marital, career, group) & corporate training, I hold 7 years of experience.
- I have acquired my certification as LPI Trainer from Malaysia. The LEONARD Personality Inventory (LPI) was designed by Professor Dr. Leonard Yong (International Consultant, Educational & Industrial Psychologist, retired Professor, Department of Counselling & Educational Psychology, University of Malaya) to profile behavioural preferences & identify emotional orientation of individuals.

- I love to interact with people, and it gives me immense contentment in being part of the facilitative process of enabling individuals and groups in recognizing their strengths & realizing their optimum potential and wellbeing, leading to self-empowerment.

- I am comfortable dealing with individuals of all age groups and levels, across different sectors, for which I have been creating customized workshops and training modules based on their needs and requirement (assessment, education, self-development etc.).

Corporate Experience

<p>CANARA BANK</p> <ul style="list-style-type: none"> • Conducted ‘Soft Skills Training’ programme for personal and professional effectiveness from 2012-2016 for officers as well as clerical staff in Mumbai & Pune. • Topics include: Self-awareness, emotional management, communication, values & ethics, empathy, customer service & CRM, motivation, leadership, attitude, stress management, time management, team work, conflict management etc.
<p>CANARA HSBC OBC LIFE INSURANCE</p> <ul style="list-style-type: none"> • Motivation and goal setting for newly recruited officers.
<p>J P MORGAN CHASE (Unleash 2014, 2015).</p> <ul style="list-style-type: none"> • One of the assessors for Development Centres for J P Morgan Chase.
<p>RCF Ltd:</p> <ul style="list-style-type: none"> • Conducted ‘Soft Skills Training’ programme for personal & professional effectiveness. • Topics include: Self-awareness, emotional management, communication, transactional analysis, marital relationship, parenting, stress management etc.
<p>TATA POWER Ltd & BPCL:</p> <ul style="list-style-type: none"> • Conducted aptitude testing and counselling for employees’ children in 10th & 12th grades multiple times at both firms. • Conducted two days ‘Soft Skills Training’ programme at Tata Power for personal and professional effectiveness (non-administrative staff).
<p>KRISH MARK INDIA (PVT) LTD.:</p> <ul style="list-style-type: none"> • Conducting ‘Soft Skills Training’ programme for personal & professional effectiveness for employees since 2014. • Also conducting LPI workshops for batches of employees.
<p>WESTERN RAILWAYS:</p> <ul style="list-style-type: none"> • Conducted stress management & women empowerment workshops for women employees for eight days.
<p>KALSEKAR HOSPITAL:</p> <ul style="list-style-type: none"> • Conducted two-day ‘Soft Skills Training’ programme for Surgeons. • Topics include: Self-awareness, emotional management, conflict management, stress management and time management.
<p>CITRUS PAYMENT SOLUTIONS:</p> <ul style="list-style-type: none"> • Conducted ‘Soft Skills Training’ programme for employees multiple times. • Topics include: Self-awareness, emotional management, communication, empathy, email etiquette, phone etiquette etc.
<p>DEPT. OF INCOME TAX:</p> <ul style="list-style-type: none"> • Conducted ‘Soft Skills Training’ programme for officers multiple times. • Topics include: Emotional management, communication, stress management, time management, team work, conflict management etc.

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