

Vijal Sejpal



Ms. Vijal Sejpal

Hello. My name is Ms. Vijal Sejpal, and I am a certified 'Heal your life' trainer. I currently work full-time as a Psychologist and Behavioural trainer.

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

Professionally, I have been associated with various educational institutes and corporate houses of varying sizes for assessment and soft skills training.

I hold 7 years of experience in my field, with core expertise in the areas of psychometric assessment, life skills education, counselling professionals and emotional wellbeing.

Capabilities and Experience

Over the years, I have conducted several specialized assessment programs for students to develop decision making, problem solving, critical thinking, creative thinking, communication skills, etc. I have also conducted soft skill training programs for various institutes and organizations such as Ray Chem RPG, DSK, Canara Bank, Income Tax, Tata Power, BPCL, HPCL, etc. I am comfortable dealing with individuals of all age groups, empowering them to recognize their strengths and realizing their optimum potential and wellbeing.

Education and Credentials

- I have completed my Post Graduation in Counselling from SNDT University, Mumbai & graduation from Mumbai University.
- I have acquired Certification in Remedial Education, REBT, Carkhuff and Heal Your Life.
- I have an experience of 7 years in the field of learning and development. I always customize my approach according to the clients' requirement.
- I believe that whether it is education or career, success in life largely depends on sound emotional health. Thus, I thrive to guide and motivate students to take a holistic approach and work towards acquiring life skills in addition to educational degrees and certificates, as in today's world Emotional IQ is as important as IQ. I have assisted individuals to lift their spirits, through inculcating new beliefs at the same time weaning off self-defeating beliefs.

Profile

Co-Founder, iThrive™ Counselling and Holistic Development Centre (October 2016 - Present)

As a Psychologist & Behavioural Therapist, my role at iThrive is to assist individuals develop emotional balance in areas of Emotional/Mental health, career, relationship etc. and reach help them reach maximum potential. This change is inculcated with the help of eclectic approach (Combination of various therapies such as REBT, CBT, Gestalt TA, etc.)

Mental Wellness Counsellor & Career Advisor at Aastha Counselling Centre (November 2011-October 2016)

At Aastha, I have worked with individuals facing various challenges. Through various psycho-spiritual techniques, I have successfully led them to deal with their issues. The areas of challenges I dealt with include stress due to work pressure, stress due to relationship, fear and anxiety over various personal issues. Issues such as inability to let go off a traumatic past, separation of parents, loss of a close significant member, bullying, peer pressure, depression, low self-esteem, low self-confidence. Suicidal thoughts etc. were also a part of my profile.

As a Career Guidance Advisor, I conducted Career Guidance Workshops (including psychometric testing, aptitude testing and counselling) with students and parents at St. Anthony's School and Shri Ram High School.

Child/Teenage/Career Counsellor at Aavishkar Centre (May 2012 – October 2016)

My work at Aavishkar involved assisting youth arrive at a decision as to the selection of courses through various psychometric assessments & behaviour modification in children through play therapy.

Corporate Affiliations

Bharat Petroleum & Hindustan Petroleum

- Life skills workshop for adolescents
- Parenting
- Assessments for career choice
- Counselling and guidance to students and parents

Tata Power

- Conflict Management
- Intrapersonal relationship
- Team Building & Self-Awareness

RPG Raychem

- Mind Body Connection

Canara Bank Jagran program

- ABC Model for intra personal skills
- Self-Awareness
- Johari windows
- Interpersonal relationship
- Team building
- Situational leadership
- Transactional Analysis
- Time & conflict management
- Values and ethics
- Communication skills
- Creativity

Dept. of Income Tax:

- Soft Skills Training

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