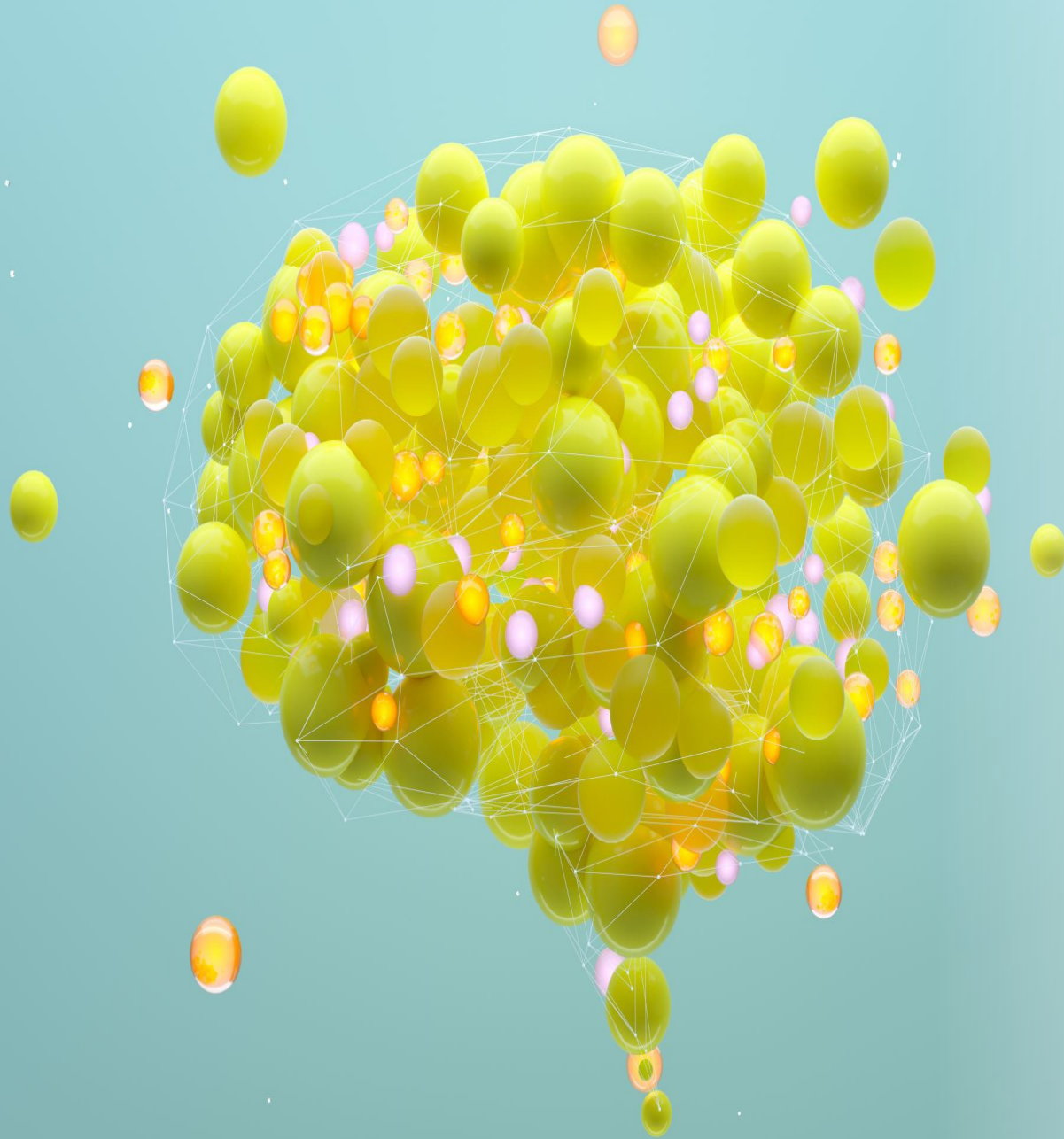


Mindpositiv

Opens your mind to newer possibilities





MY CORE COMPETENCY

As a Psychologist

- Empathetic listening
- Trust in client's ability to solve their own problems
- Understanding the way the mind works.
- How connections are formed in the brain that cause certain behaviors.
- How the faulty connections can be broken, and new connections formed in the brain to get healthy patterns of behavior.
- Effective use of Scientific tools and techniques in different settings.

SERVICES CATEGORIES

PERSONAL COUNSELLING

- Children
- Adolescents
- Adults

CAREER GUIDANCE

- Based on Psychometric testing
- Indian and overseas admissions.

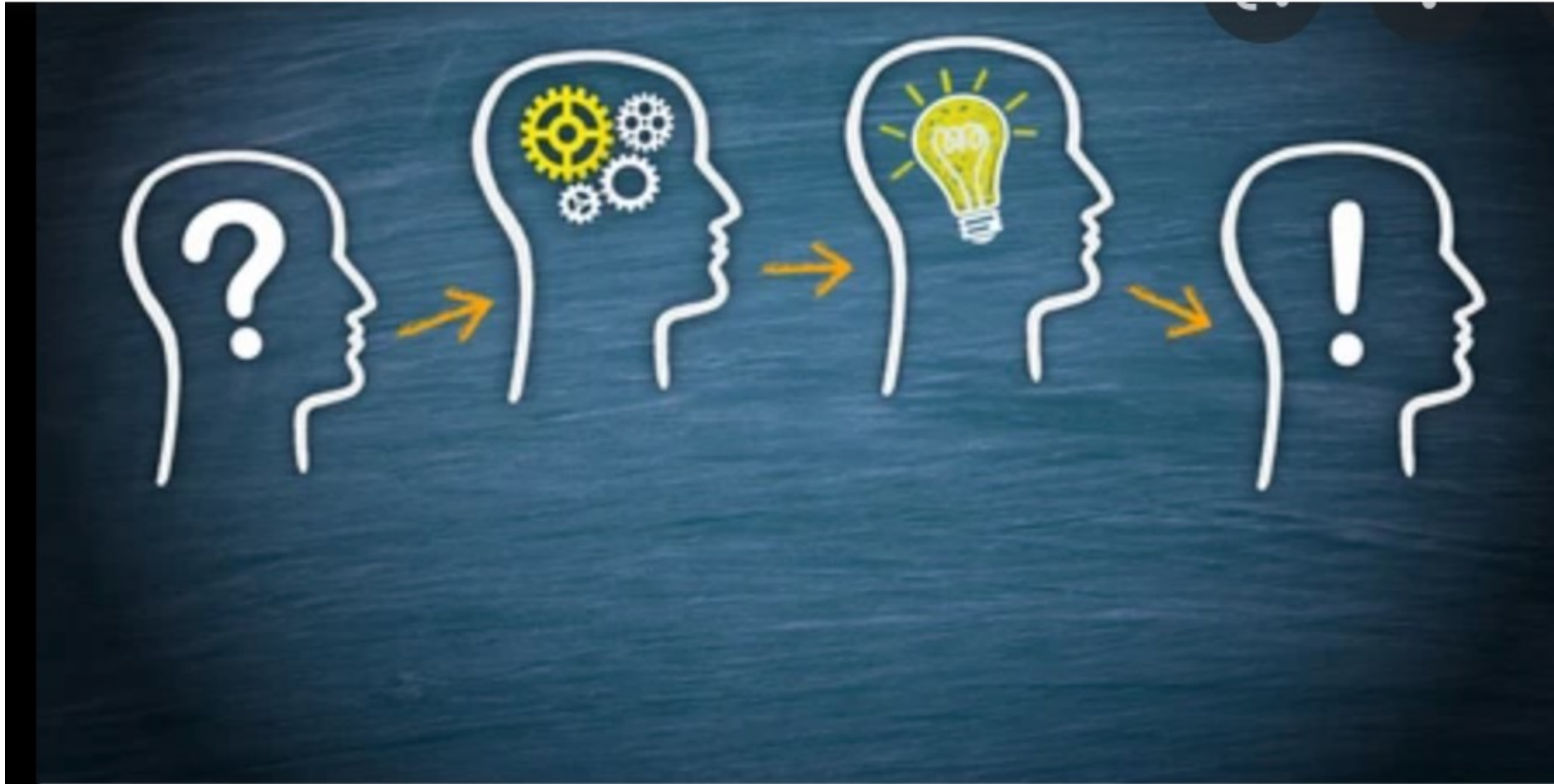
CORPORATE TESTING

- Employability testing
- Recruitment tools
- Need gap

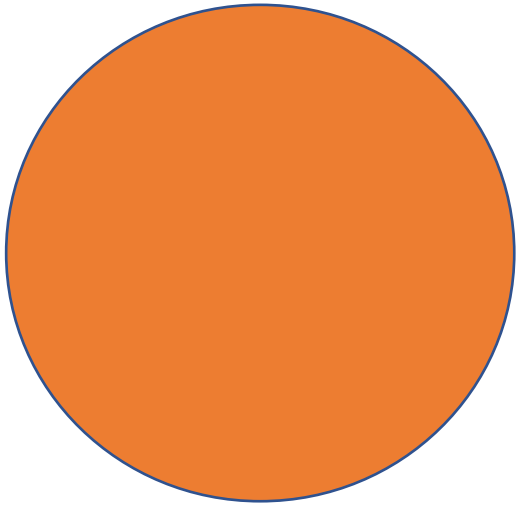
COUPLES COUNSELLING

- pre-marriage counselling
- Young couples counselling
- Couples in distress

PERSONAL
COUNSELLING FOR ALL
AGE GROUPS



Problem ➡ **analysis** ➡ **insight** ➡ **solution**



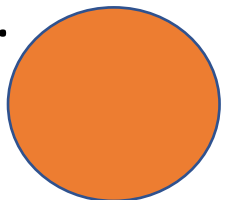
Counselling is that safe place where one can express their deepest fears, desires, thoughts that they want to resolve without being judged.

My Therapeutic approach is Integrative with the core philosophy deriving from Positive Psychology.

My Ask

Individuals, Your Friends and Family and their friends and family in need of help to solve personal or relationship issues.

Ex. Unhappy with work, Constant fights in family, unable to quit drinking smoking and its bothering them, stress, anxiety etc.



STUDENT GUIDANCE
BASED ON
PSYCHOMETRIC TESTING



From Confusion to Direction

- **Psychometric Test based Guidance** for Students regarding subject, board and career mapping.
- Guidance about entrance tests and application process for **Indian Universities**
- Resume building, Essays, SOP, Application process for **Overseas universities**.

COUPLES COUNSELING

COUPLES COUNSELING

- Pre-marriage counseling
- New-Couples counseling
- Couples in distress counseling

Based on Developmental Model of
Couples Therapy.



CORPORATE TESTING

For Correct hiring and Identifying training need gaps

Along with a Delhi based company CLEVERATTI I have designed an Employability test and an Entrepreneurial skills survey to be used with college students and employees for recruitment and professional development.



My Ask

- School connects
- NRI parents
- Universities and colleges (outgoing batches)
- MBA colleges
- Coaching institutes

- Medium to large companies in the following sectors:
 - BPO
 - Retail
 - IT
 - Pharma





How can you refer me

To Individuals needing Personal Counselling

- She is a Psychologist
- She does counselling for mental health issues. She is friendly, understands the problem and will help you find the right solution.

Or

To parents or students seeking Career Guidance

- She is a Psychologist
- She does Personality, Interest , abilities test and guides on the best suited career and subject options.

She also does detailed analysis of strengths and areas of improvement.

- She can do this individually or in a group in school or college.

Or

To Company personnel seeking HR solutions

- She is a psychologist
- She does assessments for recruitments and to find training requirements for existing employees in companies.
- Assessments can be done individually or in a group.

Gives

- **Madhvendra Das**

The Good Edge – corporate communications and CSR advisor

- **Vinay Krishna**

Jig Serve – Edutech platform

- **Bhadresh Seth**

COGS Early Advising and Mind Training.

- **Jacquelin**

Dog breeder

- **Neerav Shah**

Enserve HR and Payroll Consultant

- **Heera Billawala**

Billawala and Billawala Advocates

- **Tabassum**

Guilt trip (Baker)

- **Gunjan Seth**

- Poonam Jewels

Happiness Chemicals and how to hack them



DOPAMINE THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



OXYTOCIN THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



SEROTONIN THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



ENDORPHIN THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



Life does not have
to be perfect
to be wonderful!

You do not find
the
Happy life .
You make it.



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Online