

SREE SAI LAKSHMI

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BRINDAVAN STREET
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Objective: To enhance my counseling skills and build a strong career as a successful psychologist and a soft skill trainer.

KEY SKILLS

- Good analytical and communication skills
- Organized and efficient in meeting deadlines
- Aware about the importance of teamwork, flexibility and punctuality
- Excellent interpersonal, people skills and high level of motivation
- Propensity to develop and maintain excellent rapport with clients

WORK EXPERIENCES:

Working as a Project Director at International Association for Human Values from 2019 - till date

Conducting session on Life Skills/ Employability Skills

Coordinating a village Developing Project

Organizing Job Fairs

Professional Counselling Service

Worked with Tamil Nadu Institute of Labor Management as Faculty of Personal growth laboratory for Post graduation and graduation students

Worked with UNIVERSITY OF MADRAS as a Faculty of Personality Enrichment course (2014 – 2019)

Conducted training on soft skills for Post graduate students

Worked with Dr. M.G.R JANAKI COLLEGE OF ARTS AND SCIENCE FOR WOMEN as a Consulting Psychologist (Jan'2011- April'2015)

- Counseled the students and faculty on various parameters such as academic issue, behavioral issue, emotional issue, financial issue, marital issues etc
- Conducted session to update students on various counseling activities in the campus
- Conducted session on mentoring

Worked with Dr.M.G.R JANAKI COLLEGE OF ARTS AND SCIENCE FOR WOMEN as a Soft Skill Trainer (June '2014 - March' 2015)

- Conducted Soft Skills training for Under Graduate Students

Worked with Dr.M.G.R JANAKI COLLEGE OF ARTS AND SCIENCE FOR WOMEN as a Lecture in the department of Psychology (Sep '2009 – April '2010)

- Conducted classes for Under Graduate Psychology Students based on Madras University Syllabus
- Organized International Seminar

Worked with IBS as a Student counselor (jan-2007 – Sep '2009)

As a counselor my job responsibilities includes:

- Conducting sessions to update students on various counseling activities in the campus
- Identifying Psychological problems among students based on the psychometric test results
- Counseling the students on various parameters such as academic problems, behavioral problems, emotional problems etc.
- Making periodic follow ups with clients on their progress.

Worked with V-Reach as a student counselor (Nov '05 – June '06)

Worked as a trainer for staff working with AIDS victims (June '05 – Oct '05)

Worked as a part time counselor at SDS Institute of Behavioral Sciences (Sep '03 – July 04)

EDUCATIONAL QUALIFICATIONS::

UG/PG	College & University	Year
Ph.D (psychology)	Mother Teresa Women's University	2007 - 2011
PGDCP (Post Graduation diploma in Counseling & Psychotherapy)	IBMS(Institute of Behavioral & Management science)	2008-2009
M.Phil (Counseling & Guidance)	Mother Teresa Women's University	2004 - 2005
M.Sc (Psychology)	Madras University	2000 – 2002
PGDCA((Post Graduation diploma in Counseling & Psychotherapy)	Loyola Institute of Business Administration(LIBA)	1997 – 1998
M.B.A (Marketing)	Sriram Engineering College (Affiliated to Madras University)	1995 - 1997
B.A (English Literature)	Ethiraj College For Women	1992- 1995

RESEARCH EXPERIENCES:

- a. A study on Spirituality at Work in relation to Quality of Life was conducted at various public and private sectors to measure the dimension of Spirituality and the domains quality of life

- b. A study of the counseling needs of Tsunami Victims with special reference to children. The program was conducted at Nagapattinam to identify the counseling needs of the Tsunami Victims especially Children and to provide a support system, to discuss about their emotional and financial issues, further counseling needs and suggestions were discussed.
- c. Studied an impact of counseling the school students with behavior and academic problems. An intervention program was conducted for a period of 5 weeks based on the problems identified on their academics and behavior.
- d. Conducted a study on customer satisfaction levels of RPG pagers. A detailed questionnaire was given to a sample of 250 RPG users to find out their satisfaction level. The study was conducted for a period of 8 weeks. Appropriate analysis was done on the feedback from the customers and the satisfaction levels were reported to RPG.

INTERNATIONAL CONFERENCE/ SEMINAR

- Organized International Conference on Contemporary Trends in the Effective Practice of Counseling(Feb'2015)
- Organized International Seminar on :Psychological and Social impact of Recent Recession – Retrenchment in IT and NON- IT industries across the Globe (Jan'10)

TRAINING CONDUCTED:

- Conducted training on soft skills for SRI Ramanujar Engineering College(Jan- March ' 2014
- Conducted an intervention and training program for the Doctors and staff working with AIDS Victims (September '2006)

TRAINING UNDERWENT:

- Completed training on Basis Fire Safety and emergency preparedness,march-2009
- Underwent training for counseling in Tamil Nadu State Aids control society (Nov2006)

RESOURCE PERSON:

- Invited as a guest speaker to deliver a lecture on “Stress Management” in the social work department at Stella Maris College for women (August ‘2018)
- Invited as a guest speaker to deliver a lecture on “Time management” in SA ENGINEERING COLLEGE(June ‘2018)
- Delivered a guest lecture on “ STRESS MANAGAMENT” in Amity Business School (April’ 2018)
- Delivered a guest lecture on“ How to manage stress “ in Amity Global Business School, Chennai (March’2018)
- Invited as a guest speaker to deliver a lecture on “Life skill Management” in the social work department at Stella Maris College for women (Jan ‘2018)
- Invited as a guest speaker to deliver a lecture on “stress management” in the social work department at Stella Maris College for women (Jan ‘2018)
- Delivered a guest lecture “ Yoga for healthy living “in the social work department at Stella Maris College for women (feb ‘2017)
- Delivered a guest lecture – Motivational talk for st year students (July 207)I
- Invited as a guest speaker to deliver a lecture on “stress management” in the social work department at Stella Maris College for women (Jan ‘2017)
- Invited as a resource person to lecture on” Self Esteem” In Loyola Institute of Technology (August’ 2016)
- Delivered a lecture on ‘stress and stress management techniques’ in the Workshop on Health information and communication in the social work department at Stella Maris College for women (jan-2016)
- Delivered a guest lecture “ Stress Management “in the social work department at Stella Maris College for women (jan-2014)
- Delivered a guest lecture “ Stress Management “in the social work department at Stella Maris College for women (jan-2013)
- Invited as a guest speaker to deliver a lecture on “stress management” in NSS Camp at Vishranti Home for aged, Pallavakam N(oct-2012)

- Delivered a guest lecture on counseling practices and conducted counseling sessions at University Constituent College(August-2012)
- Invited as a resource person to lecture on “stress management “ in NSS camp at Kokilamedu village Kanchepuram district (feb-2012)

PUBLICATIONS:

RESEARCH ARTICLE:

Career Decision Making: A Tool for Progress – ICFAI Journal of Soft skills and SSRN(Social Science Research Network)

ARTICLES:

- “Developing Positive Habits In The Work Place”, ICFAI journal of Soft Skills and SSRN,mar-2011
- “Social Intelligence a Key To Success”, ICFAI Journal of Soft Skills and SSRN,mar-2011
- “Enrichment of Hidden Potentials”,Journals of School Social Work,sep-2010
- “Understanding the Human Psychology for Organizational enhancement” in an edited book Behavioral Dimensions in human resources management, Co-authored with Catherine Joseph , Feb’2009
- “Developing Professional Habits in the workplace” in an edited book Winning Habits, Co-authored with Catherine Joseph, Jan’2009
- “Ego management perspectives in an edited book Ego management: Achieving excellence Co-authored with Catherine Joseph, Dec’2008
- “Person Centered counseling – An Introduction” in an edited book Counseling for all phases of life, Co-authored with Catherine Joseph , Oct’2008
- “Integrative Counseling – The Current Trend” in an edited book Counseling for all phases of life, Co-authored with Catherine Joseph, Oct’2008

- “Personal Resilience – Equilibrium for Life” in an edited book The Personality development the Competitive Edge in human resources management, Co-authored with Catherine Joseph , April’2008
- “Personality Development emphasis on Communication and Confidence” in an edited book Personality development the Competitive Edge in human resources management, Co-authored with Prof Menon , April’2008
- “Industrial relation – An Overview” in an edited book in an edited book Industrial relation – Indian & Global perspective, Co-authored with Dr. Jagadesan & Catherine Joseph published in May-2008
- “Discipline A Progressive Change” in an edited book Employee Discipline Concepts and Issues , Co-authored with Catherine Joseph published in May-2008
- “Retention – the HR Mantra” in HRM Review, Nov’ 2007, The ICFAI University Press, Nov-2007

CASE STUDY:

- “Workplace Counseling to Overcoming Alcohol Addiction” in an edited Book The art of workplace counseling, May 2008

PAPER PRESENTATIONS:

- Presented a research paper on ”Spiritual Wellness- A component of Recovery” in the International Conference at M.G.R JANAKI COLLEGE OF ARTS AND SCIENCE FOR WOMEN (Feb’2015)
- Presented a research paper on “ Quality Of Life- An Anchor to Well Being” in the National Seminar at ETHIRAJ COLLEGE FOR WOMEN (August’2012)
- Presented a research paper on “Innovative Strategies: A /New Paradigm” in the International conference at BHARATHIDASAN INSTITUTE OF MANAGEMENT (Feb’ 2012)

- Presented a research paper on “A study on the Life skill programs for the Holistic development of individuals and society” in the International Conference at Rajiv Gandhi Institute of Youth development (RGNIYD) April -09
- Presented a research paper on “The impact of religious values on organizational transformation” in the International Research Workshop on Spiritual and Ethical Foundations of Organizational Development at Pondicherry (February 2009).
- Presented a research paper on “Prevention of suicide through counseling” in the National Conference at Mother Teresa Women’s University (Oct – 2004)

PARTICIPATION

- Participated in the workshop on Healing Inner Conflict organized by Chennai Counselor’s Association and Australian counseling Association (Jan 2018)
- Participated in the workshop on TA101 at University of Madras (Jan-2018)
- 1. Participated in National Conference on cardiopulmonary rehabilitation at Dr. MGR Medical University (Sep- 2017)
- Participated in Regional Seminar titled “ Impact of Substance Abuse among Youth” at Dr. M.G.R JANAKI COLLEGE OF ARTS AND SCIENCE FOR WOMEN (Feb’2013)
- Participated in Regional Seminar titled “ Innovative Practices in Ensuring quality” at Dr. M.G.R JANAKI COLLEGE OF ARTS AND SCIENCE FOR WOMEN (March’2010)
- Participated in National Seminar titled “ Gender Discrimination and Health” at MMM College of Health Services (Dec’2009)
- Attended a Capsule course on Psycho diagnostics at SSS HR Innovators Chennai (Feb – 2008)
- Participated in National Seminar on “Life Style Management Through Counseling at MADRAS SCHOOL OF SOCIAL WORK (Mar ‘2007)
- Participated in National Seminar on “Current Trends in HRD and Counseling Psychology” at UNIVERSITY OF MADRAS (Dec’ 2006)
- Participated in National Seminar on “Current Trends in Clinical Psychologist” at TAMILNADU ASSOCIATION OF CLINICAL PSYCHOLOGIST (March’2003)

NGO

Part Time facilitator for the ART OF LIVING FOUNDATION which is multi faced nonprofit humanitarian NGO in over 150 countries

SPORTS ACTIVITIES:

- Participated and won in Throw ball at MGR Janaki college of arts science for women (mar-10)
- Participated and won in KHO-KHO at Ethiraj college for women (dec-1992)
- Participated and won in 100 mts running at Rosary matriculation higher secondary school(feb-1989)

SOCIAL ACTIVITIES:

- Participated in Blood Donation camp conducted in Apollo specialty hospital at the Department of Transfusion
- Underwent Training on Basis Fire Safety and emergency Preparedness at Usha Fire Safety Equipment(p)Ltd

STRENGTH

- Extrovert
- People Oriented
- Good Team Player
- Empathetic

PERSONAL DETAILS

Date of Birth : 17.05.1974

Marital status : Married with three Kids

Languages Known: Tamil, Telugu & English

