



NEHA MODY

Mental Health Practitioner



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NEHAMEHULMODYS@GMAIL.COM

EDUCATION

- * Post Graduate in Counselling Psychology
- * Diploma in Training and Development- Indian Society for Training and Development (ISTD), New Delhi
- * Bachelor's Degree in Psychology and English Literature

CERTIFICATION

- * Cognitive Behavioral Therapy and Rational
- * Emotive Behavioral Therapy (CBT & REBT)
- * Relationship Counseling
- * De-Addiction Counselling
- * Hypnotherapy, California Institute of Hypnosis
- * Angel Therapy

SKILLS

- * Mental and Emotional Healthcare Consulting, including Psychological Assessments and Life Coaching
- * Corporate Soft Skills Training, such as Effective Communication, Business Writing & E-mail Etiquette, and Presentation Skills
- * Anxiety Management, Overthinking, and Procrastination
- * Time Management, Goal Setting, and Planning & Execution
- * Assertiveness, Self-Confidence, and Self-Esteem
- * Conflict Management, Emotional Intelligence, and Attitude Management
- * Leadership, Coaching & Mentoring, and Interviewing Skills
- * Team Building, Problem Solving & Decision-Making Skills, and Personality Development

PROFESSIONAL BACKGROUND

Neha is a dedicated Mental Health Practitioner and Employee Wellness Coach with 17 years of experience. She excels in emotional wellness, coping strategies, and team dynamics, offering realistic and objective guidance. With a calm temperament and high emotional intelligence, Neha effectively manages complex problems and fosters commitment and responsibility.

EXPERIENCE

NABLER – EAP counseling wellness sessions during the pandemic.

ETISALAT – Virtual sessions on Emotional Wellness and Emotional Intelligence.

SIEMENS – Group sessions on Parenting Teens and Family Workshops.

VITESCO TECHNOLOGIES – Stress Management for Engineers

4P SOLUTIONS – Emotional wellness and growth mindset sessions.

ICICI FOUNDATION – Motivating students for vocational courses.

CADBURY's – Team Building at the workplace for managers.

DOMINO'S – Professionalism enhancement for senior managers.

CASTROL – Customer service training across dealerships in India.

TOYOTA & GODREJ AND BOYCE – Goal setting and teamwork training.

OTHER ROLES

- Consulting Employee Wellness Coach and Trainer with V-Listeners
- Mental Health Professional at Moving Minds, Thane
- Parenting Coach with Kosh Wellness
- Freelance Counsellor and Soft Skills Trainer with YoungBuzz India Pvt. Ltd.
- Council Member of Maharashtra Mental Health Team, WICCI
- Webinars for parents, teachers, and students on various topics
- Helpline counselor with Poddar Foundation for Maharashtra
- Leadership Training for Sarva Siksha Abhiyan officers
- Business Development Skills Trainer at Shram Sadhna College of Engineering, Jalgaon
- Teachers' Training Workshops in Thane District and other locations
- Personality Development programs for students with Maa Foundation
- Training for Konkan Railways employees and children