

JYOTIKA SHARMA

CORPORATE TRAINER | WELLNESS COACH

CONTACT

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PROFILE SUMMARY

Dynamic and empathetic Corporate Trainer, PoSH Specialist, and Mental Health Counsellor with over 15 years of experience in delivering impactful training programs across soft skills, life skills, workplace wellness, and compliance. Adept at fostering emotionally intelligent, inclusive, and high-performing work cultures through a unique blend of counselling, mindfulness, and behavioural training. Currently spearheading mental health and holistic wellness sessions under the personal brand 'Aap Ki Tina', integrating therapeutic tools like NLP, self-hypnosis, meditation, and sound healing to support emotional well-being, self-leadership, and productivity in professionals.

EDUCATION

- Bachelor of Arts (BA) – Delhi University | 2011
- 12th & 10th – National High School for Girls (WBBSE) | 2003 & 2001

KEY SKILLS & EXPERTISE

- PoSH Compliance & Awareness Training
- Mental Health Counselling for Professionals
- Soft Skills, Life Skills & Communication Training
- Emotional Intelligence & Workplace Sensitivity
- Mindfulness, NLP & Meditation-based Corporate Wellness
- Coaching for Leadership & Personal Growth
- Learning Need Analysis & Program Design
- Virtual & In-Person Workshop Facilitation
- Trauma-informed Approach to Learning
- Stakeholder Engagement
- Feedback Analysis

CERTIFICATIONS

- NLP Practitioner – YSR
- Advanced Diploma in TTT – American TESOL
- Mental Health Counsellor – Kornash
- Meditation Instructor – Ministry of AYUSH
- Self-Hypnosis Practitioner – Wellness Space
- Content Writing – British Council
- Spoken English Instructor – Tech Mahindra Foundation

HOBBIES

- Travel
- Music
- Mobile Photography
- Art & craft work
- Painting
- Playing guitar & Kalimba

PROFESSIONAL EXPERIENCE

Corporate Trainer | Counsellor | Wellness Coach Intellia Consultants | 2021 – Present

- Deliver one-on-one counselling sessions for working professionals, addressing stress, anxiety, trauma, self-worth, and burnout.
- Conduct corporate wellness programs integrating sound therapy, color therapy, NLP, breathwork, and energy healing to enhance emotional resilience and workplace productivity.
- Design and facilitate workshops on mindful leadership, work-life balance, self-awareness, and mental well-being for employees and managers.
- Facilitate customized PoSH (Prevention of Sexual Harassment) training sessions across industries to ensure legal compliance and promote inclusive workplace culture.
- Lead soft skills training programs on goal setting, time management, leadership, interview preparation, stress management, and critical thinking.
- Deliver engaging employee induction programs and team-building workshops aligned with organizational goals.
- Develop comprehensive learning materials, post-training assessments, and feedback systems for continuous learning improvement.
- Conduct NLP-based emotional intelligence and mind relaxation sessions to improve self-regulation, focus, and interpersonal effectiveness.

Freelance Life Skills & GDPI Trainer Various Colleges (2011–2020)

- Delivered life skills, English communication, and GDPI training in reputed institutes like Techno India (Kolkata), CV Raman College (Bhubaneswar), and BIT, Kolaghat.
- Collaborated with NSDC skill development programs to support employability and confidence-building in youth.
- Designed and implemented interactive modules on public speaking, interview preparation, leadership, and stress management.

LANGUAGES

English | Hindi | Bengali | Punjabi