

Resume

Chaitra G.R

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Objective

Dedicated and experienced counsellor, educator, management and well-being researcher with a passion for teaching, counselling, and fostering student learning. Seeking a position to utilize my expertise, counselling and teaching skills, and experience to inspire and educate students, making a positive impact on their academic and personal development.

Experience

1. Counsellor - Chrysalis High

May 2023 – April 2024

- Appointed as Primary school counsellor
- Provide individual and group counselling for students across all grades
- Create curriculum for various Life skill programs (MIM-Mind in Making, TIM-The Independent Me, CRISP-Enrichment activities)
- Crisis intervention and support for students and teachers
- Liaison between teachers, parents, and management for child's behavioural, academic, and social concerns

2. Research Scholar - Jain University

August 2021 - Present

- Best PhD research report twice in a row
- Pursuing Doctoral degree in management, conducting research on happiness and well-being
- Analyzing data to identify patterns, trends, and correlations related to well-being and happiness
- Developing and validating measurement tools for well-being
- Presenting research findings at national and international conferences
- Research interests: Happiness, well-being, positive psychology interventions

3. Freelance Educator and Counsellor- Online

May 2017 - Present

- Conduct individual counselling sessions online and conduct various courses for diverse learners using virtual platforms
- Disseminate positive psychology interventions in schools, organizations, and communities
- Utilize multimedia resources for engaging and interactive lessons
- Provide individualized instruction and feedback to address unique learning needs

4. Assistant Professor - Jain College, Bangalore

Jan 2017 - Feb 2018

- Teach graduate management courses, design and deliver curriculum
- Advise and mentor graduate students, supervise theses and dissertations
- Participate in academic activities, curriculum development, and conferences

- Cleared UGC-National Eligibility Test for Assistant Professorship

5. Lecturer - St. Hopkin's College of Management, Bangalore

Sep 2016 - Jan 2017

- Deliver graduate and post-graduate lectures, facilitate discussions and activities
- Provide academic advising, mentorship, career guidance, and research support
- Evaluate student performance, provide timely feedback to promote progress

Education

Degree	College/University	Year
Pursuing PhD (Happiness and Well-being)	Jain University	2021-Present
Post Graduate Diploma in Psychotherapy	Banjaara Academy	2023
Do Your Venture: Entrepreneurship for Everyone	IIM Bangalore	2022
National Eligibility test for Assistant Professorship	University Grants Commission	2018
MBA (HR and Marketing management)	CBSMS, Bangalore University	2015
BBM (HRM)	SCC, Bangalore University	2013

Certifications

- Mental Health and Wellness Professional (MHW) Diploma Course - Achology (2023)
- Mendeley Advisor (2022)
- Counselling Skills Certificate Course (Beginner to Advanced) - Achology (2022)
- Fundamentals of Digital Marketing – Google (2022)
- Diploma in Modern Applied Psychology (DMAP) - Achology (2022)
- SPSS Masterclass: Learn SPSS From Scratch to Advanced - Scholarsight-elearning (2021)
- NLP Practitioner – Achology (2021)

Skills

- Teaching, Counselling, Mentoring, Positive Psychotherapy, Mindfulness Coaching

Languages Known

1. Kannada - Read, speak, and write fluently
2. English - Read, speak, and write fluently
3. Hindi - Read and write fluently
4. Telugu - Read and speak

Recent Achievements

Best PhD research report twice in a row