



**SOHINI MUKHERJEE**



## **COUNSELING PSYCHOLOGIST/CAREER COUNSELOR /ESSENTIAL SKILLS TRAINER**

Sohini Mukherjee is a counseling psychologist at Anubhav Positive Psychology Clinic. She has begun her career as a practicing psychologist under the guidance of Mrs. Paromita Mitra Bhaumik. She is an Essential skill trainer and has conducted multiple tailor-made training sessions with individuals.

### **EXPERIENCE:**

1. Social skills trainer and soft skills developer at Pratik Sevavratee. Conducted a multiple number of tailor made programs for children (8-12 yrs) and adolescents (13-18 yrs). Classroom discipline and essential skills needed for effective living was the main area of focus. The workshops included both educationists and students. (2018-2019)
2. Project coordinator at Terre des Hommes Suisse. The area of work included children and adolescents of different Non Governmental organizations spread all over India. Workshops on Effective Classroom management, Soft skills and social skills, essential skills for teachers and students were conducted in the various cities of India such as Gwalior, Raiganj, Siliguri, Ghatshila etc. (2019-2020)
3. Educationist at Super 30 Non-governmental organization. The domain of work was classroom decorum, soft skills and essential skills required for higher education and respective job domains. Area of focus on confidence building, effective communication, conflict resolution, decision making, problem solving with respect to student teacher coordination and growth in career. (2020-2022).
4. Communication trainer with Step Upward. Conducts tailor made communication and soft skills developing workshops with different sectors of professional organizations such as restaurants, schools, corporate sectors etc.

5. Counseling Psychologist, essential skills trainer, educationist at Anubhav Positive psychology clinic. Developer of effective classroom management program, essential skills program, stress management programs and effective living program.

**SOME OF MY SUCCESSFUL MODULES-**

- Counseling (Certified counselor- 2022)
- Cognitive behavior therapy (certified practitioner – 2022)
- Career Counselor
- Essential skills (developer/ trainer)
- Stress management program (developer/trainer)
- Classroom management (developer/trainer)
- Positive parenting modules
- Child counseling
- Handling difficult children in classroom

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