

MEET OUR TEAM



Paromita Mitra Bhaumik
Founder Director
Consultant Psychologist
Resource Person, Life Coach and Skills Trainer



Jose Puthenpurackel SDB
Academician
Educational Leader
Consultant and Trainer



Devlina Lahiri
Learning and Development Trainer



Aaratrika Bhaumik
Chief Coordinator
Head of Legal Initiatives



Dr. Soubhagya Dutt
Counselling Psychologist
Learning and Development Trainer



Urja Sen
Chief Coordinator
Counseling Psychologist
Research Associate
Capacity Building Trainer



Sucharita Basak
Special Educator (In-house)
Capacity Building Trainer



Ritika Saha
Administrative Head
Counseling Psychologist
Research Associate
Career Counselor

SOME OF OUR CLIENTS



ANUBHAV TRAINING SOLUTIONS

(THE LEARNING AND DEVELOPMENT WING OF ANUBHAV
POSITIVE PSYCHOLOGY CLINIC, KOLKATA)



ABOUT US

For the past 30 years, Anubhav Positive Psychology has played a pivotal role across industries by fostering continuous growth, enhancing skill sets, and cultivating a culture of excellence through one-to-one and group coaching and training. We continue to serve as the catalyst for professional development, empowering individuals to adapt to evolving technologies, methodologies, and market demands. Through our customized and targeted training, we help employees refine their abilities and stay updated with industry trends, ensuring higher productivity and efficiency. We offer personalized guidance and fine-tune leadership qualities & interpersonal skills. Ultimately, our coaching & training programmes not only elevate individual performance but also enhance the collective expertise of teams, fostering innovation and resilience within industries.



Contact Us



14/B, Maharaja Nanda Kumar Road
Flat No. - 1 (First Floor), Lake Market
Kolkata - 700029.



+91 9051670642



www.anubhavinteractives@gmail.com

OUR PROGRAMMES

Employee Assistance Program (EAP)

Our EAP program supports employees facing challenges and includes confidential counselling, referrals, coaching, and wellness workshops. Our short-term techniques are solution-focused and impactful for issues such as anxiety, depression, substance dependency, work-life imbalance, procrastination, and stress. Our EAP programs improve job satisfaction, increase productivity, and reduce workplace conflict.

Leadership Training

- Our Leadership Training Program covers skills such as Emotional Intelligence, Decision Making, Problem Solving, Team Management, Conflict Resolution, Coaching & Mentoring, Diversity & Inclusion, Change Management, and Grievance Management.

- The objective of our program is to optimize the Chain of Command Structure of Leadership, work with each participant's unique leadership style and approach, tailor the curriculum to foster a growth mindset, assemble a powerful ethical workplace, and provide opportunities for employees to thrive and succeed.

POSH Training

We offer certified and experienced POSH trainers to aid industries in legal compliance with the Prevention of Sexual Harassment (POSH) training. Our training equips organizations to establish a safer, more supportive workplace, and helps in setting up the Internal Complaints Committee

Stress Inoculation and Resilience Training

Our program helps employees deal with anxiety and stress. We teach coping strategies, resilience-building techniques, and cognitive distortion reconfiguration. The program aims to strengthen the mind, alleviate fears, and enhance competency.

Employee Motivation Training

This program aids in driving employee success by identifying stagnation causes, overcoming procrastination, and addressing negative behavior patterns. Participants learn about motivation's impact on performance, identifying external factors affecting performance, fostering self-motivation, maintaining positivity, and overcoming obstacles for improved efficiency, adaptability, workforce stability, and organizational loyalty.

Competency Mapping & Assessment

Competency mapping and assessment utilize standardized tests like PIQ, 360° feedback, psychometric assessments, BEI, and job simulations to provide reliable insights into employees' psychological adjustment and mental wellness. Results offer valuable insights into strengths, challenges, and personality traits.

Employee Self-Development and Capacity Building

In today's world, upskilling is vital for stability and success. Our program offers Agile Training, Communication Skills, Interview Skills, Anger Management, Decision Making, Problem Solving, Self-Esteem Building, Overcoming Procrastination, Anxiety and Depression Management, Self-Dependency, and Art of Delegation.

Recruitment Counselling

- Recruitment aims to match candidates with the right job and organization culture.
- We offer recruitment counseling to ensure cultural fit beyond technical skills.
- Life coaches and corporate counselors use behavioral assessments, psychometric tests, and psychological profiling.
- These methods reveal candidate strengths and weaknesses.
- HR managers can then select the most suitable candidates for the position.

Conflict Resolution

- Conflict Resolution training program enhances understanding of working styles and conflict root causes.
- Explores conflict management strategies: collaborating, compromising, accommodating, avoiding, competing.
- Teaches mediation, facilitation, cultural sensitivity, and accountability.
- Fosters a conflict-resilient team environment.
- Develops skills in resolving conflicts, empathy, and assertiveness.
- Improves handling of difficult personalities and situations with emotional awareness and regulation.

Communication Skills Training

- Effective communication is vital for business success.
- Our training program covers various aspects: Effective Communication Strategies, Interpersonal Communication, Public Speaking, Presentation Skills, Business Communication, Email Etiquette, Crisis Communication, Social Media Communication.
- Improves productivity, relationships, and profitability.

Sales And Negotiation (Marketing)

This program enhances marketing skills for sales and negotiation. Learn key techniques such as the strategies of transactional analysis, and mirroring tools to acquire and convert leads. Master active listening, objection management, BATNA, and more. Boost sales, improve client relationships, and improve negotiation skills. Join now and step up your game. (Shortened it).
Our cutting-edge training program is designed to deliver tangible and measurable results for your organization. We employ advanced pre and post-training screening and assessment techniques to ensure that the program has met your specific needs and goals. By leveraging the latest training methodologies and technologies, we enable your team to acquire new skills and knowledge, enhance their performance, and drive organizational success.