



Dr. Vinay V. Govilkar

Psychotherapist, Counselor, Trainer, Healer



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I am a Mumbai based Psychotherapist, Counselor and motivational Speaker, Soft Skill and Behavioral Skill Trainer with many hours of training experience. I handle training assignments across the spectrum of industries and schools from lower level to higher managerial level.

Summary of Skills:

- Extremely motivated and detail-orient individual
- Strong leadership and management skills
- Excellent critical thinking abilities and focused on results
- Ability to work with many difficult situations
- Skilled in developing and implementing strategies
- Excellent supervisory and communication skills
- Strong organizational and time-management skills
- Proven ability in meeting business goals and objectives

Achievements:

Achieved success in development of employees, students and youths enhancing their skills resulting in increase of the productivity, quality of work, education and acceptance of change of any type.

Helping in retention of blue collars and white collars as helped them in development of their emotional, managerial skills and behavioral skills.

Professional Experience:

28 years technical experience along with 10 years of experience as a motivational speaker, Corporate Trainer, Mind Management Expert, Business

Counselor working with various parts of society for training and development and productivity and wellbeing.

Continuing Education & Training Centre

Organizations Need and Education needs

Preparing tailor made modules to suit the requirements of the companies, school and colleges

Facilitate training module through Learning methodology.

Conducting psychotherapy and counseling sessions wherever required.

Strengths :

Very strong on emotional intelligence, communications and negotiation skills

Humorous and patient with Good people management skills

Ability assess the participants and their needs with High Self Confidence

Ability to explain things with examples and activities to make them satisfied.

Training :

Leadership Skills , Supervisory Skill Development

Self Development – positive attitude to have a better personal and professional life

Relationship Management with many celebrities and novel personalities

Roles understanding, adjusting and accepting different roles in life.

Interpersonal Skills, Conflict Management , Change Management Motivation

Stress Management :

Why and how stress occurs, stress signals, tips to procrastination, dealing with stress and avoiding stress

Time management

Communication :

Importance of communication capabilities, our experience in communication, mistakes we commit while communicating, how perceptions most of the time leads to wrong communication.

Positive thinking in communication

Maintaining Quality in personal life and professional life

Goal Setting

Problem Solving and Decision Making

Lateral Thinking – Six Thinking Hats

Hand Writing analysis and campus to corporate program for leading STC Institution.

Subordinate Skill Development

Emotional Intelligence

Academic Qualification:

Completed Bachelor of Arts in year 1990 in Economics and Politics.

Completed MBA in HR in year 2010.

Completed MS in Psychotherapy and Counseling in 2011.

PhD in Naturopathy and Positive Psychology

Additional Qualifications :

Certificate course in Color Therapy .

Certificate Course in Acupressure

Certified master trainer Mindfulness

Certified Happiness Coach

Certified Life Skills Coach

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