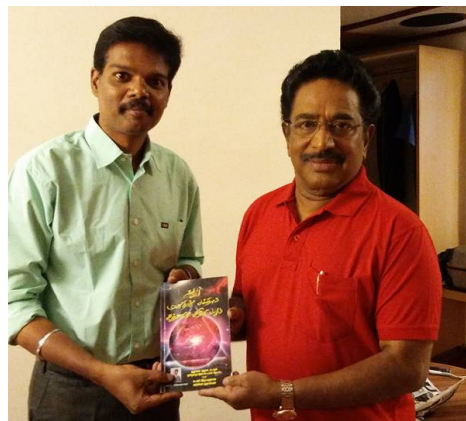


**PSYCHOLOGIST
SUCCESS COACH
HYPNOTHERAPIST
MINDFULNESS COACH
NLP MASTER PRACTITIONER
BEHAVIORAL SKILL TRAINER**



Dr. Vignesh Shankar Ph. D

● Psychologist ● Mindfulness Coach ● HRD Trainer



MY PROFILE

He has a Doctorate in Human Resource Development (Quality of work Life), M.Phil in Stress Management, MBA in HumanResource, M.Sc in Psychology and he has his basic degree in Electrical & Electronics Engineering. He is a certified NLP Master Practitioner Recognized by ABNLP &NFNLP; USA.

He is also a Hypnotherapist. He has a certification in Transaction Analysis (TA101-Certified). He has been in the field of Training and Teaching for More than 15 years. He has written a research book Titled "Power of Subconscious Mind & Soul Science". He has published several articles and presented Papers in Psychology and Human Resource Management in National & International level. He has done an extensive research on "The Power of Subconscious Mind" which has helped many Individuals to overcome their Limiting Beliefs. He practices various Psychological Interventions like Neuro Linguistic Programming, Hypnosis, Psychotherapy, Counseling to heal many challenging psychological issues. His Popular HR & Psychological Interventions are Talent Management, Leadership alignment, Change management, Career mentoring, Stress Management, Personality Development, Memory Development, Emotional Intelligence, Relationship Management, Work Life Balance, Goal Realization and etc.

He has devised a unique approach of Exhibiting Psychological concepts through stories, Parables and fable. He has been interviewed in many television channels to share his expertise on Managing stress. He has trained and transformed more than one lakh Individuals.

He has conducted training programmes for Educational Institutions, Corporate companies, Government Organizations and has conducted numerous Public workshops. The key strategy that he adapts in his training is Activity Based Learning, Enthusiastic Learning through Magic & Hypnotic Induction. He regularly writes articles based on Behavioral skills in Dinamalar (Tamil News Daily). He has his counseling centre in Madurai and Chennai, where he helps many individuals to overcome their Psychological problems like Addiction, Phobia, Obsessive Compulsive disorder, Suicidal Tendencies, Depression, Insomnia, Abnormal Behavior, Interpersonal Relationship issues and etc. His Youtube videos are followed by lakhs of viewers all around the world. He has conducted training programs in Malaysia and has been invited to conduct training programs in various places in USA on January 2020. He has worked in different capacities like Head, Dean of Management Studies Department in highly reputed Institutions. His Objective is to inspire individuals to unleash their Latent competence and to provide creative learning methods to enable all to achieve excellence in their respective domain.

As a Mindfulness Coach, he helps individuals to increase their level of awareness to experience their true nature as pure consciousness.