



# KANMANI

## THIVYA JAS.M

**POSITIVE PSYCHOLOGIST & TRAINER**

**(CORPORATE, SOFT / LIFE SKILL, POSH, DEI, NLP)**

### CONTACT

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### EDUCATION

- Pursuing P.hD (psychology)
- M.A (psy)
- Micro Master in Educational Innovation (USA)
- Bachelor of Engineering

### SKILLS

- Emotional intelligence
- PoSH, DEI training
- Mental health
- Innovation
- Motivational speaking
- People excellence
- Work life balance
- Teamwork
- Time Management
- Leadership
- Effective Communication
- Critical Thinking

### LANGUAGES

- English
- Tamil

### MEMBERSHIP

MY APA in continuous learning  
National positive psychology  
association

### ABOUT ME

Devoted to empower and flourish people's potential in their education, career and personal life. I have successfully empowered more than 15 thousand individuals from diverse background (including LGBTQ) of more than 50 institutions, corporates, NGOs and government sectors to lead a life with rich values and personality. As a skilled facilitator created experiential learning environment to the people. As a mental health professional, I have been trained health professional students to enrich their personality.

### WORK EXPERIENCE

#### Free lance trainer and motivational speaker

#### INDIA

- I have been conducting mental health programs, motivational, self awareness innovation, orientation programmes for the institutions and organizations. (From 2005)
- As a free lance trainer, soft skill and life skill training has been given. (From 2005)
- Employability and personality development training have been conducted to the students, employees and the heads of the organizations (From 2005)
- Worked with "Greater Chennai Corporation" and "Yuvathi" trust to give counseling sessions to the COVID and post COVID patients and received appreciation award for COVID work. (2020-2021)
- I have been conducting PoSH training at many organisation and institutions (from 2023)
- I have been conducting life skill development sessions to the Government school girls students through Puthri Project - AVATAR, Non Government Organisation. (From 2023)
- Personality development and customer care training program have been conducted to the paramedical students since 2024.
- Empowerment programs have been conducted to the heads of the organization

#### USA

- Academician, events organizer, co-curricular facilitator, motivational speaker, supportive counselor at Messiah Education Ministry, Minnesota and Jubilee, Wisconsin. (2014-2018)

### CERTIFICATION

- CERTIFIED SOFT SKILL, CORPORATE, POSH, DEI TRAINER
- CERTIFIED NLP MASTER PRACTITIONER
- CERTIFIED THERAPIST IN GESTALT, REBT, CBT, LOGO, SFBT
- CERTIFIED MINDFULNESS COACH