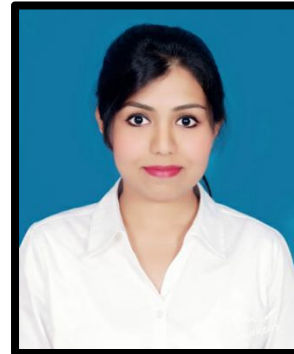


# Anu John

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## Objective

As a Post-Graduate in *MSc Psychology from Bangalore University* and as a *Graduate in Psychology Honors from Delhi University*, I would like to use my knowledge, intellectual gifts and skills, along with years of formation to the maximum potential as a **"Market Researcher"**, for the pursuit of growth and success of your organization.

## Education

**Montfort College, Bangalore University** (2016-2018)

- ▶ MSc Psychology: CGPA- 7.3 Grade A (*First Class Distinction*)

**Montfort College, Bangalore University** (2015-2016)

- ▶ Certificate Course in Counselling Skills: Grade A

**Jesus and Mary College, Delhi University** (2011-2015)

- ▶ B.A. Psychology Honors: 58%

**Christ Junior College, Karnataka Board** (2009-2011)

- ▶ Pre- University Course (PUC): 75.4%

**Montfort School, Delhi** (2009)

- ▶ CBSE Board: 66.4%

\*Attended online workshop on **School Mental Health** conducted by Senior Expert Psychologist in collaboration with **YourDOST Academy**. (9<sup>th</sup> May 2020)

\*Participated in a one-day training workshop in **Psychological First Aid** conducted by **Training and Research Initiatives (TRI)** in collaboration with **NIMHANS, Bangalore** in preparation to help the victims of the 'Kerala Floods- 2018'. (26<sup>th</sup> August 2018)

\*Attended **Adult Mental Health First Aid session by an RSPH UNITED KINGDOM approved Mental Health First Aid Instructor**. (30<sup>th</sup> & 31<sup>st</sup> March 2016)

## Work Experience

Worked at **Mind Edutainment Pvt. Ltd.** (June 2019 - April 2020)

- Directly involved in training 600 students at a top International School based in Bangalore. Headed and was directly responsible for A-Z aspects involved with THOTS training in the school.
- Delivered lessons with the help of physical thinking tools and mind games carefully curated by our Founder- a leading Visionary in the Education Sector .
- Conducted THOTS - SLT Workshop for parents in school. Was directly involved with training a batch of 170 students for the Workshop.
- Brainstormed and was briefly involved with formulating the THOTS based Emotional Intelligence Module for students.
- Wrote several articles, write-ups and blog-posts for the organization's website.
- Created Game situations for the physical thinking tools and mind games patented by the organization.
- Worked on the THOTS Worksheet- Scoring and Coding of my 600 students from time to time.

## Skills

- Independent Thinker
- Articulate and expressive Verbal and Written English language skills.
- Public Speaking
- Presentation skills
- Optimism and ability to empower.
- Leadership
- Analytical mind and inquisitive approach
- Intellectual depth and Creativity.
- Ability to grasp abstract ideas quickly and think independently
- Professionalism
- Observation skills
- Intuition
- Problem solving
- Critical thinking
- Time management
- Empathy, Sensitivity and Compassion
- Emotional Intelligence
- Resilience, Perseverance and Determination amidst challenging situations.
- Ability to handle pressure and meet deadlines. Multitasking.
- Management and Organization skills
- Goal setting, Prioritizing and Decision-making
- Attended Psychological First-Aid Workshops.

### **Co-curricular Activities**

- ▶ Ex-Youth Group President at the Diocesan Parish level.
- ▶ Traveled across India for Musical Outreach Programs.
- ▶ Won several awards for the School Basketball and Throwball tournaments.
- ▶ Worked with Christian organization at administrative level.
- ▶ Hosted and organized several events.
- ▶ Trained in Carnatic and Western music.
- ▶ Was part of the Christ Junior College Choir, Bangalore.
- ▶ Trained in classical, semi classical and western dance.
- ▶ Trained in martial arts (Karate).

### **Hobbies and Interests**

- ▶ Thinking, Reading, Writing/ Journaling, Listening to Music, Singing, Dancing

### **Languages Known**

- ▶ English - Fluent
- ▶ Hindi - Good
- ▶ Malayalam - Speaking proficiency
- ▶ French- Beginner level