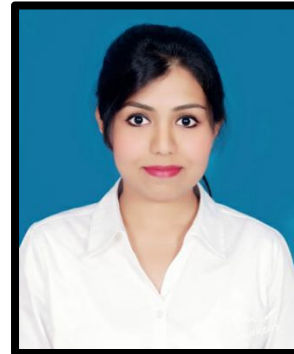


Anu John

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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, 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**. (9th 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'. (26th August 2018)

*Attended **Adult Mental Health First Aid session by an RSPH UNITED KINGDOM approved Mental Health First Aid Instructor**. (30th & 31st 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