

Contact

indira@gkhrconsulting.com

www.linkedin.com/in/indira-gopal-29474776 (LinkedIn)
gkhrconsulting.com/ (Company)

Top Skills

PSYCHOTHERAPEUTIC
MANAGEMENT OF PERSONALITY
DISORDERS

Psychotherapy

Cognitive Behavioral Therapy (CBT)

Languages

English (Professional Working)

Malayalam (Native or Bilingual)

Hindi (Professional Working)

Tamil (Native or Bilingual)

Certifications

BASIC AND ADVANCED
LEVEL TRAINING IN CLINICAL
PSYCHOLOGY

ART & PLAY THERAPY FOR
CHILDREN WITH TRAUMA

CHILD ASSESSMENT
TECHNIQUES & DIAGNOSIS
WORKSHOP

PSYCHOTHERAPEUTIC
MANAGEMENT OF PERSONALITY
DISORDERS

CHILD PSYCHOTHERAPIES &
COUNSELING TECHNIQUES

Indira Gopal

Entrepreneur & Certified Counselor & Therapist -Empowering
Individuals & Enterprises
Bengaluru, Karnataka, India

Summary

An accomplished and dynamic professional with over several years of experience in the field of Teaching, Banking, Financial Services, Human Resource Management, IT-HR Finance & Admin. Excellent track record in successfully managing & executing the recruitment process for top companies. Experience in IT Staffing/ ITES Recruitment /Managing HRIS Process (Full cycle). An effective communicator with exceptional relationship Team Management skills across all levels within the Organization; ability to relate to people at any level of business or Leadership. Certified Counsellor with certifications in varied disciplines. Currently pursuing Masters in Counselling and Family therapy.

Experience

GK HR Consulting India Private Limited and Empathy Quest
Director of GK HR Consulting India Private Limited and Founder of Empathy Quest
March 2008 - Present (16 years 7 months)

Education

Madurai Kamaraj University
MASTER OF BUSINESS ADMINISTRATION - FINANCIAL INSTITUTIONS
AND ADVERTISING, FINANCE, ADVERTISING · (June 1999 - May 2001)

Kasturba Medical College, Manipal
A BLENDED LEARNING PROGRAM - COUNSELLING SKILLS IN CANCER
AND PALLIATIVE CARE , Clinical, Counseling and Applied Psychology · (July
2022 - December 2022)

National Institute of Mental Health and Neuro Sciences (NIMHANS),
India

LAYMAN COUNSELLING - MENTAL ILLNESS AWARENESS AND EDUCATION, Clinical, Counseling and Applied Psychology · (March 2022 - August 2022)

BANJARA ACADEMY

DIPLOMA IN COUNSELLING SKILLS- IN HOUSE SKILL TRAINING PROGRAM WITH PRACTICAL ORIENTATION, Clinical, Counseling and Applied Psychology · (July 2021 - April 2022)

BANJARA ACADEMY

CHILDREN AND ADOLESCENT DEVELOPMENT- CCAD-IN HOUSE SKILL TRAINING PROGRAM WITH PRACTICAL ORIENTATION, Clinical, Counseling and Applied Psychology · (October 2019 - March 2020)