



## **Vijayakumar Pitta**

M.Tech, M.A (Industrial/Organizational Psychology)

Psychology Consultant and Researcher | Mental Health Coach | Counsellor | Mentor | Therapist | Trainer  
Personal Development | Organizational Development

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Vijay has 25 years of corporate experience in global and multinational companies (TCS/Infosys/Ford) working in multiple regions/countries (AP/EU/US). He has the experience of managing large and complex IT projects/programs and managing large teams. He is certified PMP, EI coach, NLP coach, soft skills/behavioral skills trainer, accredited mental health trainer and cognitive behavior therapist (CBT).

He has helped several professionals with his insightful mentoring and coaching for their professional development and career transitions.

He has conducted several impactful leadership trainings to groom the emerging leaders to take on the challenging roles in their careers.

He has also been providing skill development training and career counselling for young people internationally. Associated with NPTEL (Initiative of IITs/IISC) for providing job interview trainings

He has helped the organizations in end-to-end implementations of organizational change management initiatives and organizational development initiatives. His focus has been on the effective employee engagement and employee development initiatives.

With his psychology background, he has been counselling and coaching many people for personal and professional success and mental health related issues. He has been voluntarily associated with multiple organizations for providing counselling services for the needy people impacted due to covid.

# Customized Service Offerings

## Mental Health Trainings

- Awareness Sessions for Corporate Employees
- Mental Health Awareness Sessions for schools/colleges
- Mental Health First Aid Training in collaboration with MHFA India

## Counselling Services

- Counselling for Stress and Anxiety, Fear, Addiction, Relationship issues, Anger Management, Purpose, Behavioural issues, Career Choices

## Organization Development

- Attrition/Retention/Engagement
- OD Interventions
- 1-1 coaching sessions for individual development

## Leadership Trainings

- Budding Manager Training Package
- Building Trust
- Goal setting
- Interpersonal Skills
- Conflict Management
- Giving and Receiving Feedback
- Time Management & Delegation skills
- Managing upwards (Boss)
- Conducting Group Meetings
- Effective 1-1 Meetings
- Team Development
- Change Management
- Emotional Intelligence & Stress Management
- Effective Communication Skills (Empathetic Listening Skills, Telephone Communication, Presentation skills, Non-verbal communication, E-mail etiquette)
- Customer Service skills