

USHARANI SAMPATH KUMAR

Asst. Professor, Dept. of Psychology, Women's Christian College, Chennai



- ✓ PSYCHOLOGICAL ASSESSMENT, COUNSELLING, CONSULTANCY AND TRAINING at VICTORY OF THE MIND
- ✓ State coordinator and faculty at Friends of Police Multimedia Training Centre

Life with comfort and dignity” is the expectation of the present generation. The child should “be the topper” is the expectation of the parents. Between these two expectations, one should understand that there is a possibility to have a future shock if either of them is not fulfilled. “Future shock” is the threat of the modern society. This is applicable to all parts of the world not confining to one particular society. Living in the competitive world of the twenty first century, there is always turmoil with one’s expectations and reality. Though each and every individual possess certain inevitable and unique skills, the expectations they have and others have on them sets a screen between self and skills. These skills are governed by emotions. Emotions in turn translate into different behavioral patterns.

What is it we are going to give our future generations? Is it wealth, let them live their lives, they are capable of yielding wealth. Is it health, they are aware of maintaining their health. Then what is it we need to give them. It is nothing but confidence to live their lives with dignity.

To build up the bridge between self and the skills thereby to avoid future shocks, an attempt has been made by the author, Dr.S.Usharani of VICTORY OF THE MIND.

OBJECTIVES

Live life with confidence

- ✓ Realize one’s competence level
- ✓ Build self confidence
- ✓ Handling difficulties effectively
- ✓ Maintain better relationships
- ✓ Create sense of achievement
- ✓ Make goal setting a way of life
- ✓ Achieve success in career
- ✓ Unlock hidden potential
- ✓ Discover the keys to success
- ✓ Gain personal mastery

METHODOLOGY

- ✓ Interactive sessions
- ✓ Pre and post assessment
- ✓ Introspective exercises

- ✓ Structured Psychological tools for assessment
- ✓ Spontaneous processing
- ✓ Experiential exercises

TRAINING MODULES

- ✓ Personality enrichment Value and life skills education
- ✓ Psychological assessment and Profiling
- ✓ Enhancing weakness to strengths
- ✓ Study habit skills
- ✓ Memory and concentration

SPECIALTIES

Master practitioner in Neurolinguistic Programming.

Asst. Professor in the Dept. of Psychology, Women's Christian College, Chennai