

SANJUKTA KHAUND

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PROFESSIONAL SUMMARY

Sensitive, compassionate, competent counsellor and mental health coach with significant experience supporting families, young professionals, and adolescents struggling with mental health, relationship, personal growth, and behavioral challenges.

After a successful first career in sales and business development, I was inspired to transition into a helping professional to pursue my true calling - helping individuals cope with 'the problems of living' and thrive.

I engage clients in a genuine, empathetic, supportive, and non-judgmental manner to help them overcome roadblocks, build on their strengths, and navigate life's challenges toward living an abundant, fulfilling life. I possess a warm, outgoing, and approachable demeanor that allows me to quickly build rapport and trust. Well-versed in evidence-based principles, theories, and techniques of individual therapy and group counselling, I am committed to providing holistic, client-centered care.

EDUCATION

Masters in clinical psychology | ISBM University (**MOHESR equivalency certificate**)

ICF Certified Coach – Erickson Coaching International

Global Career Counsellor – UCLA Extension

Diploma in Counselling – Banjara Academy (Bangalore)

BA | ISBM University

NHA (India) Enrollment number – 99-1642-1437-6242

Member of Middle East Psychological Association (MEPA)

Member of British Psychological Society (GBC - Graduate Basis for Chartered Membership) – GMBPsS

Member of IACP – Indian Association of Clinical Psychologists

Professional Member of American Counselling Association (ACA)

SKILLS

- Exceptional and keen observer
- Social perceptiveness
- Highly sensitive to present & potential problems
- Unbiased and non-judgmental active listener
- Offering clients thoughtful and caring reflections
- Enabling clients to gain a deeper understanding of themselves and their situations.
- Providing insightful mental health support
- Exceptional verbal and written communicator
- Conveying ideas to others succinctly and efficiently
- Outstanding critical thinker
- Helping clients find solutions and a state of comfort and safety.
- Drawing on personal experiences to be compassionate, understanding, and empathetic

Mental Health Coach / Counsellor

Private Practice – Online || November 2018 – till date

My Fit Brain – Online || May 2020 – till date

Consultant – The Beyond Lifestyle Application – November 2024 onwards

- Counselling / coached a global client base on anxiety, grief, trauma, stress, relationships, career challenges, and suicide risk.
- Facilitated emotional expression and self-awareness to support personal growth and goal setting.
- Designed individualized, holistic (mind-body) therapeutic strategies.
- Maintained confidential records and ensured compliance with ethical and safety standards.
- Coordinated referrals to community resources and specialist services.
- Assessed and optimized counselling outcomes through regular program evaluations.
- Delivered webinars and training to promote mental health awareness and reduce stigma.

CERTIFICATIONS

- Certified Coach (ICF Accredited), Erickson Coaching International (USA)
- Evidence Based Parenting – Raising Children to thrive, Mental Health Academy (Australia)
- Addressing Post Natal Depression as a health care professional – University of Exeter (UK)
- Certified Grief Informed Professional (CGP) – Evergreen Certifications
- Women Crisis Care Advocate, NACP Accredited
- Suicide Risk Assessment & Management Pro, QPR Institute (USA)
- Advanced Diploma in Counselling, CTAA (UK)
- Certificate in Child & Adolescent Counselling, IAOTH
- Certificate in Gestalt Therapy, IAOTH
- Cognitive Behavioral Therapy (CBT), The Priority Academy (UK)
- Diploma in Modern Applied Psychology, The Academy of Modern Applied Psychology (UK)
- NLP Master Practitioner, The Academy of Modern Applied Psychology (UK)
- Dialectical Behavioral Therapy (DBT), IAOTH

MEMBERSHIPS

- **Member of British Psychological Society (GBC - Graduate Basis for Chartered Membership) – GMBPSS**
- **Professional Member of American Counselling Association (ACA)**
- **International affiliate member of American Psychological Association (APA)**
- **Professional Member of Center for Self-Determination Theory**
- **Professional Member of National Positive Psychology Association (NPPA) - India**
- **Life Member of Counsellor's Council of India (CCI) – India**
- **Professional Member of National Academy of Psychology (NAOP) – India**
- **Associate Member of Indian Association of Clinical Psychology (IACP), India**
- **Full Member of Middle East Psychological Association (MEPA)**

INTERNSHIP

- **“Adhyayan” : The Skills Hub - Primary Intervention Techniques and Assessment and Diagnostics**

VOLUNTEERING

- Women's Crisis Advocate, Shamsaha
- Counsellor for SPIF (Suicide Prevention India Foundation)
- Counsellor for Women & Children from Disadvantaged Economic Backgrounds, Pinkishe (India)
- Counsellor & Educator for Children, Sarvaprayag (India)

CORE VALUES

- Authenticity
- Empathy
- Loyalty
- Contribution
- Generosity

I endeavor to exemplify my core values in every aspect of my life. The fact that coaching & counselling enables me to work in alignment with them, and that I can help people to thrive motivates me daily.

PUBLICATIONS

I have recently **written & published a book** called "**The Art of Falling Forward**" which has been widely appreciated – **No. 1 on Amazon's Hot new releases & bestsellers.**

ADDITIONAL INFORMATION

I have been blissfully married for fourteen years and have a thirteen-year-old daughter. I enjoy reading, writing & music. I am also a travel enthusiast and have had the good fortune to have explored and experienced the culture of over 24 countries to date.

PREVIOUS EMPLOYMENT

Executive Assistant to the Director | *InnerGram* | Gurgaon, India | November 2017 - June 2018

- Provided exceptional administrative and operational support to the Director.
- Responsible for developing training content, brand development and marketing initiatives.
- Oversaw the sourcing and recruitment of potential new employees.
- Managed the client acquisition process.

Career Break | July 2013 - October 2017

- Completed my MBA, learned and practiced 'pranic healing', volunteered with various NGOs within the sphere of education & mental wellness.
- Took time to ease my daughter's transition to a new school/city, and to nurture my family.
- Took on various part-time, freelance assignments to keep myself meaningfully engaged and relevant.

Regional Sales & Marketing Head | *Hairline International Hair and Skin Clinic* | October 2012 - June 2013

- Actively involved in projecting, planning, and implementing the annual budget.
- Responsible for recruitment, training & development of staff.
- Oversaw the development and implementation of SOPs.
- Managed a competent and cost-effective pool of agencies and suppliers.
- Handled PR coverage for the brand, along with product launches and campaigns, and ensuring coverage of corporate events.

Area Business Manager | *Kaya Ltd* | December 2008 - October 2012

- Mentored & trained people and led day-to-day operations.
- Led planning and execution of SOPs and annual business sales targets.
- Business Excellence Award for driving sales.
- Best Cluster Award for overall performance (2011 - 2012).
- Achieved best across chain for creating benchmarks in service quality.
- Played a leading role in opening stores, in Bangalore, Chennai, Hyderabad, Vizag, Lucknow and Cochin.

Clinic Manager | *Kaya Ltd* | July 2006 - December 2008

- Played a key role in ensuring the highest levels of service quality.
- Responsible for sales target achievement and P&L of the clinic.
- Assisted with brand marketing for the clinic.
- Led training and development for the clinic team.