

# IMPETUS

Arise, Ascend, Transcend!

(IPH Pune Corporate Training Wing)

For enquiries and bookings:

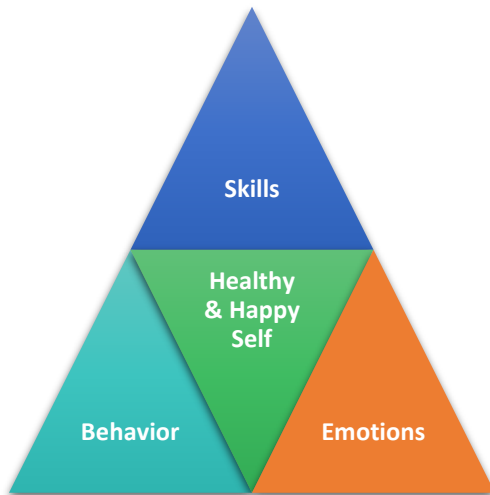
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## IMPETUS

For any organization, their teams and people are an invaluable asset!



While organizations invest heavily in training, coaching and mentoring of this human taskforce, the focus remains often on Skills and Behavior enhancement.

The equally important third dimension of an individual – Emotional regulation is neglected or assumed to be healthy. In reality, emotional literacy and regulation is still a meek skill for many; never focused on and practiced in any of our curriculum.

**Impetus** – the corporate training wing of IPH (Institute for Psychological Health) focuses on this much neglected aspect of a healthy and happy self.

Our goal is to help participants excel at managing their emotions, evoking rational thinking and work towards the comfort within!

Our offerings for the corporates include –

### A. Developmental trainings

These are classroom trainings with duration ranging from half day to 2 days, for a batch of 30 people. Programs are available for various areas like stress management, Improving the EQ, Parenting, Modules for working moms, freshers, marriage enrichment and so on.

### B. Psychometric assessments

We conduct psychometric assessments like but not limited to tests for Golden Personality Type Indicator, NEO PI-R, MBTI, and Basic Stress & Coping Inventory. These assessments help understand more about individual's personality and assist evaluation of that individual for key roles in the organization.

### C. Individual coaching and mentoring

Individual coaching services are offered by Dr. Sukhada Chimote. These sessions help as meaningful interventions for an individual in distress as well as developmental inputs for an individual.

### D. Short Capsules

These are short duration modules (2-3 Hrs.) which are designed on principle of 'edutainment'. These are based on the theme of picking cues from History,

Bollywood etc. to connect with the audience, invoking their thought process for better emotional management.

#### E. Outdoor training programs

These programs bring in a mix of fun & adventure with focus on cognitive and emotive learning. Our team leading these programs comprises of skilled outdoor trainers along with mental health professionals.

A creative touch to traditional learning in these experiential modules makes these sessions interesting, engaging and enriching!

#### F. Customized training programs

Apart from the standard programs, we can customize the programs based on client needs like alignment with demographics of the group (youngsters, women, undergraduate staff etc.) and location, timings, weekends etc.

### About IPH and its corporate training journey

- IPH (Institute for Psychological Health) was founded in 1990 in Thane by Dr. Anand Nadkarni (renowned psychiatrist, author and orator)
- Credo of IPH since then has been - '**Mental Health for All**' - 'सुदृढ मन सर्वासाठी'.
- IPH works towards this vision of **Comprehensive Mental Health** – Treatment of Disorders, Intervention for distress and Development through empowerment!
- In its journey of **28 eventful years** it has evolved a rich umbrella of services, initiatives, events, projects and collaborations that address all conceivable age groups, all socioeconomic strata and a wide range of individuals & teams.
- **Largest functioning group in voluntary sector**, in the area of mental health across the whole country. (Team of 70 mental health professionals, 40 admin team members and over 100 trained volunteers)
- From March 2018, IPH is starting its Pune Activity Center to cater to the community and corporate workforce in and around this vibrant and dynamically growing city.
- Dr. Anand Nadkarni started his corporate training journey in 1986, with his association with **Godrej & Boyce**, which continued for **21 years**. He started as a trainer, then a consultant rendering mental health services to employees and families.
- In the early years of globalization he worked with **L&T for 7 years** as a consultant working on industrial absenteeism.
- In 1993, Dr. Anand Nadkarni built a team of practitioners from then newly started IPH to work with corporate sector.
- Our clients today from different segments of industries such as **RIL, Siemens, Cipla, Bharat Petroleum, Indoco, IBM, Galaxy Surfactants, Zee Group, HR Johnson**.

## Salient features of IPH Corporate services

- Goal is to help **Improve Mental Health**  
We work towards getting better and not just feeling better. We help improve 'Mental Health' using foundation of **REBT** (Rational Emotive Behavior Theory by Dr. Albert Elis.
- **“Practitioners as Trainers!”**  
Typically those who practice don't train and those who train don't practice! Our trainers are practitioners running their consultancy services along with community and corporate training programs.  
Trainers don't just preach; they help people & teams evolve - as training and interventions are closely tied up.
- **Confidentiality & convenience for clients**  
Employees can avail counselling services in complete confidentiality without any constraints at IPH center, which operates all 7 days a week.
- **All-encompassing connect**  
We have special focus on cultural closeness & flexibility to connect with any and all strata of employees, right from fresher till apex leadership teams.  
Our trainers connect well with the participating employees both in teams or in one to one, are comfortable in English/Marathi/Hindi languages.

More importantly, we look at each training opportunity as a step towards building healthy minds and relationships!

## @ Dr. Anand Nadkarni

Dr. Anand Nadkarni is a renowned Psychiatrist practicing for 35+ years. With a vision of “comprehensive mental health for all under one roof”, he pioneered Institute of Psychological Health (IPH) in Thane in 1990. With 28+ years of enriching journey, today IPH is the largest functioning group in the country in voluntary sector for cause of Mental Health and now starting activity center in Pune.



- Conducts training programs for top executives across the country from corporates likes RIL, Siemens, Cipla and Indoco.
- Mentors artists, athletes, players, singers to optimize performance, conducts training of elite commando forces, teaches postgraduates in Psychiatry and Psychology.
- Has authored 20+ books and Plays in Marathi and English, with numerous awards.
- Creative Consultant for many films
- Founder & Trustee of Muktangam De-addiction Centre in Pune, a comprehensive Rehab facility with over 200 inmates at a time & staff of over seventy committed workers.
- Contribution to the National Planning Commission as a Consultant
- Active as an Independent Director on board of listed companies.
- Numerous awards and prizes for his contributions in Mental Health, Literature and dramatics and the list is expanding every year.

## @ Dr. Sukhada Chimote

Dr. Sukhada Chimote is working with IPH for last six years and is a very popular therapist in both Individual & Group settings. As she takes over new responsibility as head of IPH Pune Activity center, her expertise will be available more readily to the Corporate Organizations in an around Pune metropolitan region.



- A Consultant Psychiatrist who brings in a unique set of talents in the space of corporate coaching.
- Holds postgraduate qualification in Psychiatry (with a Gold Medal)
- Accredited Rational Emotive Behavior Therapy (REBT) Therapist by Albert Ellis Institute New York.
- First and only Psychiatrist in the country to operate a Satellite Office, recognized by Albert Ellis Institute ATC, India.
- A certified coach of ICF (International Coaching Federation) and has exposure to various other streams in psychology such as NLP, TA, FORUM, Hypnotherapy.
- Metaphor Analysis is her special skill, which is the art and science of discovering the hidden mental processes through colors-lines-and drawings.