

PROFILE

Anil Eswaramangalam

Psychotherapist & Trainer



Anil Eswaramangalam is a Trainer, Psychotherapist, Educational Activist, Inspirational Speaker and Peace Facilitator.

In addition to his 14 years of experience in Psychotherapy and Training, Anil is also an accredited Transactional Analyst (IITA, India) and NLP Practitioner (NFNLP, USA). Hailing from Kochi, Kerala, he conducts training programs in many academic, social and business settings both at home and abroad.

Anil has been personally trained and coached in various self development tools such as Eastern Spiritual Science, Meditation Techniques, Emotional Intelligence, Inner Child Healing, Hypnotherapy, Enneagram, Tibetan Psychology, Rational Emotive and Behavioral Therapy (REBT), Theatre Based Learning (TBL), Play Therapy, Cultural Therapy, Sedona method and Reiki by many internationally renowned trainers.

After his Masters in Commerce, Anil has obtained a PG Diploma in Software Engineering and served the software industry for more than 5 years. His strong passion for training and self development brought him to the field of training & psychotherapy which helped thousands to transform their lives for the better.

- ✚ Trained over 2000 Teachers and tens of thousands of students
- ✚ Addressed in more than 1700 stages as key note speaker
- ✚ Has designed and conducted more than 350 Public Trainings
- ✚ Author of an audio book 'Vijayasopanam' on Super Learning and Memory Techniques
- ✚ Currently serving as the Asst. Director of Indian Institute of Transactional Analysis, Kerala

Some of the Topics handled

- ✓ Interpersonal & intrapersonal Relationship management
- ✓ Positive Transformation using Transactional Analysis
- ✓ Bullet proof Happiness & Peace (Experiential)
- ✓ Emotional Intelligence and Emotional Freedom (Experiential)

- ✓ Teacher's Effectiveness Training
- ✓ Parent's Effectiveness Training
- ✓ Stress Management (Experiential)
- ✓ Goal Setting & Actualisation
- ✓ Work Pressure Management
- ✓ Art of Decision making
- ✓ Effortless Living
- ✓ Presentation Skills
- ✓ Phobia Cure (Experiential)
- ✓ Super Learning & Memory Techniques
- ✓ Personal Power using NLP
- ✓ Theatre Based Learning(TBL)
- ✓ Breaking Mental Barriers
- ✓ Personality Assessment using Enneagram

Partial Client List

- ❖ KELTRON
- ❖ Fisheries Department, Kerala
- ❖ FCI GBS India Pvt. Ltd.
- ❖ SOS Children's Village
- ❖ Cochin Port Trust
- ❖ Agriculture & Rural Development Bank
- ❖ Malaya Rubbers Pvt. Ltd.
- ❖ Osaka Air Travels Pvt. Ltd.
- ❖ Kerala Tour Mart India Pvt. Ltd.
- ❖ Naturelife International Hospitals
- ❖ Kerala Primary & Secondary Teacher's Association (KPSTU)
- ❖ SBI Life Insurance
- ❖ Muthoot Group
- ❖ AVT Naturals
- ❖ Festel Polytec Pvt. Ltd.
- ❖ Mangalam Business Group
- ❖ Agni Cultural Academy
- ❖ JCI
- ❖ Lions Club
- ❖ Rotary Club
- ❖ LIC Agents & Development Officers
- ❖ Chinmaya Yuva kendra
- ❖ More than 25 Graduate Colleges and hundreds of Schools

Contact

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