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| PROFILE: **Amritha Upadhyaya** |
| **HR, Leadership, OD, Emotional Wellness & Self Empowerment Coach, Author**

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| Amritha aims to leverage her experience in creating strategic developmental interventions and to empower people towards holistic health & wellbeing. She has over 22 years of extensive experience (national & international) across industries- BFS, NBFC, Medical, Logistics, Manufacturing, Pharma, IT, Educational to Engineering companies with expertise in end to end managing of global people development initiatives.  | AU Photo 1.jpg |
| As a coach, Amritha also works with professionals on their goals to discover their innate potential. Amritha has helped clients in resolving internal/ external conflicts, increasing productivity & efficiency in dealing with people/ situations, clarity about aspirations, develop deeper insights into self to make conscious choices & life decisions, resolve anxiety, depression, etc towards being self reliant & self confident in dealing with relationship issues or difficult personal/ professional situations. She has successfully |
| Created Diagnostics/Surveys, Employee Wellness Assessments, Competency FrameworksCoached senior leaders & individuals for self empowerment & emotional wellness* Conducted **Psychometric profiling & Assessment Centers**, **Action learnings, D&I** Initiatives

 Created content & facilitated for L&OD interventions * **Won HR ACE award** amongst L&T group co.s for excellence in L&OD across leadership levels

Won numerous national & international awards for LTIWon Best Art Therapy Award by Sancheti Healthcare for book on emotional healing: *‘Secret Gifts from the Perfect Storm’** **Won India’s 100 Women Achievers** 2023, GlantorX news
* **Groomed team** for performance improvement & **Liaison** with domestic & international stakeholders
* **Managed** vendors, training budgets, bench-marking, branding & corp. communication
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| **Other Achievements/ Strengths:** Amritha has successfully partnered to create interventions & support client requirements using dynamic & creative tools that push individuals to question their current believes, reprogram thought process to create gateways for transformation. She has an MA in **Clinical Psychology,** IGNOU (*First Class*); **MS in Psychotherapy & Counselling**, IPMS; **Diploma in Transactional Analysis**,SAATA. She is an **ICF** CertifiedCoach with additional certifications in Communications@work (**IIM-A), NLP** (adv), **MBTI, DISC, Strong Interest Inventory, Storytelling, TTT, ID, Play back Theatre, Psychodrama, Spiritual Healing Practices.**  |

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# Detail of Work Experience:

Independent Consultant: **Learning Partner for clients to build/ facilitate interventions**

**|** *May’09- Dec’11 | June ‘15- Feb ’20 | Apr‘21 to Present*

**Clients served:** R.B.I., JSW, L&T power, Tatastrive, Majesco, Constell, Piaggio, Mondelez, TATA (TPL), TATA AIG, Siemens, Bisleri, Safari, DMART, GlobeOp Financial Services, S.I.E.S College of Management, BEIPL, Lionbridge, Patni Computers, Commtel Networks, AkzoNobal, Zenith Rubber, OTIS Elevators, Owens & Corning, BEAMS, Dr. Reddy’s Lab (medical institutes such as TMH, Jupiter Hospital, etc), Cachet Pharma, Abbott, SULA, etc.

Sr. Consultant (full time on contract basis): **L&OD** **and** **Assessment Center-**  **HR ANEXI Pvt Ltd., Mumbai |** *Mar ‘20 to April’21*

Designing, facilitating, project management and strategic advising for initiatives such as Assessment Center, Competency Framework, Diversity & Inclusion, L&OD programs, Employee Health/Wellness surveys, Internal recruitment & manage external client deliverable.

**Clients served:** Eisai, Ample, CBI, STCI, Syngene, Unidesign, Diatrends, Hindustan Platinum, etc.

Sr. Manager: **L&OD and Talent Development (Global initiatives)-** **L&T Infotech Pvt Ltd, Mumbai** **|***Jan ‘12 to March ‘15*

Design/ Facilitate global L&OD & Competency based programs;

Head branding for the department;

Manage initiatives such as D&I, Build Account Managers, Internal Capability Building of Sr. Leadership, Build Learning Culture

Program Manager & Facilitator: **Training Department, Capgemini India Pvt Ltd, Hyderabad & Mumbai |***Jan ‘07 to Feb ‘09*

Manage, Facilitate, Design leadership programs;

Stake holder management (HR partners, PLs, PMs, vendors, trainers, consultants);

Enhance learning culture through innovative quiz programs & events

Advisor/ Counsellor- **USIEF (United States-India Education Foundation) Center, Hyderabad**

*Jan ’02 to Aug ‘06*

Advice & train on soft skills; Supervisor for TSE- IVR, Evaluator for ETS;

Manage / conduct large events, orientation programs, seminars, presentations & outreach programs

EDP Executive- **Mayfair Housing Pvt Ltd**, **Mumbai |***Sept 1995- 1996*

In-charge of the IT department; Coordinate in recruitment; Train staff in MS Office, LAN, LOTUS

Training Executive - **Artintel Automation Pvt Ltd, Mumbai |***Aug 1993- Apr 1995*

Provide computer software training at various schools in Mumbai;

Ambassador via presentations/ meetings with school managements regarding programs/services

# Personal Detail:

Amritha resides in Navi Mumbai with her spouse & son. Apart from her professional work, she is a passionate gardener, theatre Artist, trained in Bharatanatyam, learning to play violin & strives to empower others towards healthy life perspective/ growth. Towards this, she has authored an award-winning book*: Secret Gifts from the Perfect Storm-*  https://www.amazon.in/dp/9357375287

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