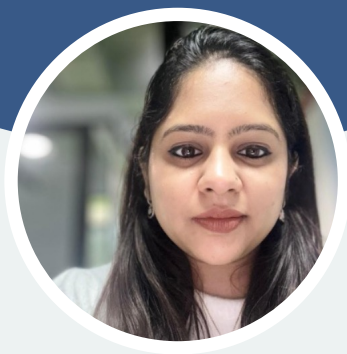


Shruti Sethia



Personal details



Shruti Sethia



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8892260519



Lake plaza complex 277 Jessore road flat no. 6L Kolkata 700048 Kolkata



January 11, 1997



linkedin.com/in/shruti-sethia-a53ab6207

Skills

Socializing

Communication

Empathy

Languages

Bengali

English

Hindi

Profile

I am counselor who believes in working with clients on their self growth through compassion and motivation. Adopting an eclectic approach towards therapy. My aim is to help individuals experience and cope with their well being through kindness and love towards oneself. some of my key skills are socializing, communication and empathy through which i support my clients in achieving the goals they set for themselves.

Education

Postgraduate Degree

2019 - 2021

Christ University, Bangalore

Bachelor of Arts - BA

Jun 2015 - Apr 2018

Christ University, Bangalore

Employment

Project Manager

Aug 2024 - Jan 2025

cult fit, Kolkata, West Bengal, India

- Customer Experience Specialist- Getting feedbacks through telephonic conversations directly from clients and planning interventions/ training in accordance with the same.

Sales Manager

Jan 2024 - Jul 2024

cult fit, Kolkata, West Bengal, India

- Developing Sales strategy
- Motivating team members to achieve Sales Target
- Performance Monitoring & Reporting
- Negotiation

Team Leader

Apr 2023 - Dec 2023

cult fit, Kolkata, West Bengal, India

- My roles included performance monitoring and feedback, planning and organisation

Habit Coach

May 2021 - Mar 2023

cult fit, Kolkata, West Bengal, India

- Goal Setting & Habit Formation
- Understanding the App navigation
- Behaviour Analysis & customisation

- Accountability & Motivation
- Education & Mindset Shifts
- Tracking & Adjustments
- Lifestyle & well being Integration
- Positive Reinforcement & Long - Term Sustainability

Counselor in Training

Jul 2020 - May 2021

Christ University, Bangalore, Bengaluru, Karnataka, India

- Conducted 150+ hours of direct counseling with 10+ clients, utilizing informed consent forms and basic counseling skills.
- Created activity sheets and made session notes to track progress and ensure effective counseling sessions.
- Completed SFBT training at Christ University, Bangalore, enhancing skills in solution-focused brief therapy techniques.

Tax Analyst

Jun 2018 - Apr 2019

Ernst & Young Global Consulting Services, Bengaluru, Karnataka, India

- Tax compliance and preparation
- Financial Data review
- Software & technology Utilisation
- E-filing for US Taxes