

DR. KAVITA KAREER

CONSULTANT, EMOTIONAL INTELLIGENCE

CERTIFIED EQ TRAINER

EXPERIENCE

- Conducted several workshops for over 3500 persons on
 - “Transforming leadership through Emotional Intelligence”
 - “Effective teamwork through Emotional intelligence”
 - “Team building through Emotional intelligence”

for various organizations and companies



- “Emotional Intelligence at the workplace” for social workers
- “Understanding adolescence through Emotional Intelligence” for teachers , parents and children
- "Emotionally Intelligent Relationships " for doctors
- Invited as a speaker in several conferences and social programmes

COUNSELLOR

POST GRADUATE DIPLOMA IN CHILD AND ADOLESCENT PSYCHOLOGY

EXPERIENCE

- Conducted several workshops for
 - Children and adolescents : to help them understand “growing up”
 - Teachers : to help them understand child and adolescent psychology
 - Parents : to help them understand effective parenting



- Working with the Orchid School, Pune as a guest faculty for design and execution of a module for Social and Emotional learning for children
- Resource person for YASHADA (Maharashtra State Training Institute) for designing teachers training modules on Adolescent psychology for 400 master trainers with a target group of 20,000 teachers across the state
- Personal Counselling for all ages

ANAESTHESIOLOGIST

MD (ANAESTHESIOLOGY)

EXPERIENCE

- Worked as a Lecturer and Associate Professor in Anaesthesiology at the B.J.Medical College and Sassoon Hospitals, Pune and Civil Hospital , Sangli for 18 years

VICE CHAIRPERSON , SOFOSH (Society OF Friends Of Sassoon Hospitals)

Working closely for the past 12 years with SHREEVATSA, the home for family deprived (orphaned) children and TARA, the home for mentally and physically challenged, family deprived (orphaned) children run by SOFOSH (a Pune based NGO), with focus on

- Child care and development
- Adoption, including counselling children and parents to address adoption related issues
- Design, execution and management of the new home for the children



SOFOSH is a Pune based NGO, working consistently and diligently since the last 52 years in the areas of

- Child care
Providing a safe, vibrant and a comfortable home , nutritious food, emotional , educational and medical support for family deprived children
- Child rehabilitation
Placement of the children in loving homes through a well established adoption programme
- Patient welfare
 - providing food , medicines and counselling services to poor and needy patients at the Sassoon General Hospitals, Pune
 - providing equipment , medical, surgical aids and infrastructure aid to the Sassoon General Hospitals , Pune

DESIGNER

DIPLOMA IN INTERIOR DESIGNING

EXPERIENCE

- Designed several residential and commercial spaces combining aesthetics and functionality
- Have a design studio for personally hand painted and hand crafted products
- Have exhibitions of my own hand embroidered and hand painted fabrics and hand crafted and hand painted artefacts



HOMEMAKER

- Firm believer in strong family values and relationships
- Enjoy cooking
- Love organising