

ANTARA SEN DAVE

WELL BEING PRACTITIONER

CONTACT



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PROFILE

- Over 16 years of experience as a well being practitioner.
- Worked with corporate sector, social sector & educational set ups
- Reached out to thousands of individuals through talks, trainings & one to one sessions
- Developed content in areas like stress, parenting, relationships & self growth.
- Education in Social work, Guidance and Counselling & Psychology
- Was an integral part of team with Action Aid and NIMHANS to provide psychosocial care in post disaster scenarios
- Active role as a volunteer to various NGOs
- Leading an independent practice

SKILLS

- EXPERIENCED FACILITATOR
- MINDFULNESS COACH
- HAPPINESS COACH
- EXPERIENCED IN PSYCHOSOCIAL CARE SUPPORT
- CAREER GUIDANCE COUNSELLOR
- TRAINED IN POSH
- CONTENT DEVELOPER
- COMPASSIONATE EMATHETIC AND SUPPORTIVE

EXPERIENCE

Senior Consultant|1to1help.net. Pvt. Ltd Bangalore

20001-CURRENT

Sept 2019 - Current - Senior Consultant

Jan 2001 - 19 Regional Manager Counselling Operations

As a senior counsellor have undertaken variety of work over the years. Have done one to one sessions with clients and addressed training requirements for 'Counselling skills' within client groups.

Developed and delivered a range of talks and workshops in areas of self-development, work, parenting and relationships covering thousands of employees across the years.

Multiple seminars delivered on diverse topics like personality development, counselling, stress management, parenting, communication in marriage, parenting, prevention of sexual harassment and women oriented topics in various companies have been conducted in companies like Citibank Times of India, ITC Welcome Group, World Bank, Sungard, Ericsson, WNS, LNT, Standard Chartered Bank, Aricent, FIS, Philips, Sodexo, TATA POWER, SAPLABS, Vodafone, BPCL, Sapient and Titan among others over the years.

EDUCATION

M. Ed in Guidance and
Counselling, University of

Bristol U.K

1997-1998

Masters of Social Work.

Delhi School of Social Work

1994-1996

Bachelors in Psychology,

University of Delhi

1994-1996

Internship St Thomas High
School

1995-1996

Supervised the SUPW
activities in coordination
with CRY. Worked with the
special education section at
school and the urban slum
community adopted by the
school and undertook
counselling for school
students.

Internship Institute for the
Physically Handicapped

1996-1997

Counselled patients coming
to the OPD at the agency as
well as the children of the
special school through
sessions in group and case
work. Organized
recreational programs for
the school and undertook a
study for the agency

Besides face-to-face sessions, online and telephonic sessions have been taken up and have helped individuals and couples with a variety of concerns ranging from work-related issues different areas of self, relationships, marriages, work and parenting.

Conducted trainings for the Internal Committee, Managers as well as employee bases. Trained to serve on the Sexual Harassment Committees in Companies and represent the company as an external member from 1to1help.net.

Have dealt with out of the ordinary requirements of clients post a critical incident as well as post a natural disaster scenario to help develop support at those difficult times.

Consultant | Vedica Scholars Program

2017- CURRENT

As a consultant counsellor at the program have undertaken sessions with the students, program team members and support staff.

Have been able to support students with issues related to daily life issues ranging from hostel life, stress due to achievement and work, issues like relationship, time management.

Critical support during grief, issues of mental health where referral was required have been addressed and support garnered for the same.

Consultant| Naropa Fellowship

2020- CURRENT

As a consultant have undertaken one to one sessions with the students who have reached out for personal or work related issues.

Support to students related to daily life issues ranging from hostel life, stress due to achievement and work, issues like relationship, time management.

Consultant| Ahvaan Trust

2015-2016

Workshops for the organization staff on self-development, self care and a group of teachers

Psychosocial Care Consultant |INGOS and NGOS

2000-2006

American Red Cross Sri Lanka Jan - Feb 2005

Was the tsunami task force leader for psychosocial interventions and went for a rapid needs assessment for psychosocial needs in affected areas of South Eastern Sri Lanka.

American Red Cross Delhi Jan – March 2004

Developed a training manual for a Crisis Intervention Specialists Program covering psychosocial issues in post disaster situations. Was the tsunami task force leader for psychosocial interventions and went for a rapid needs

assessment for psychosocial needs in affected areas of Sri Lanka.

American Red Cross Delhi August - September 2003

- Developed a training program for middle management staff and initiated the program for the field staff located in Gujarat and Orissa.
- The scope of the training was “Development of Safe Communities” with a focus on disaster preparedness.

CARE U.K Gujarat Project July - Aug 2003

Gujarat Harmony Project Gujarat Developed and conducted a training program in psychosocial care for Care Project Partners in Gujarat in the aftermath of the communal riots in 2002.

Action Aid India (U.K) May 2002 - May 2003

Part of the support team for the psychosocial rehabilitation of riot victims and trained and supervised lay counsellors in providing psychological support to riot victims. supervised and monitored their work.

Action Aid U.K (India) June - July 2000

Trained field workers engaged in psychosocial rehabilitation work in various districts of Orissa after the super cyclone disaster. Supported workers to acquire self care techniques to deal with their personal stresses while working in tough field situations.

Save the Children U.K. March – September 1997

Worked with a senior in preparing and managing databases. being a support to the various in house workshops. Collaborating with partners who were funded by SAVE for monitoring of their program quality.

Child Rights and You Youth Wing 1996 – 1997

Sensitization workshops for senior high school children for, fund collection from donation boxes around the city.

VOLUNTEER

Books for All

2014-2016

Center for Equity Studies

2013 – CURRENT

Dribble Academy

2016- 2019

OTHER DETAILS

DOB: 11/12/1972

Married, two kids

English, Hindi and Bengali

TRAINING AND CERTIFICATIONS

- Mindfulness Coach 2020
- Happiness Coach 2020
- Career Guidance Counsellor 2020
- Adolescent and Child Mental Health, Children First, Delhi 2017
- Using mindfulness to reduce stress and anxiety in kids 2016
- Play Therapy Level 1, Delhi 2016
- Still Waters Counselling- the mindful therapist, Noida 2015
- Action for autism –know me teach me program Delhi – 2014
- Transcendental meditation – Noida 2014
- Inner engineering – Isha Yoga 2013
- Release of strong emotions, Singapore 2005
- Public health in complex emergencies, ADPC Bangkok 2003
- Indian institute of public administration disaster management training 2002
- Human resources for development agencies 1999
- Reiki level 1, Bangalore 2000
- Trigger diary, Bristol University U.K 1998
- Solution focused brief therapy 1998

