

Trainer's profile



BONNIKA SARASWATHI K

9884169268 / 9840044914 / bonnika.s@gmail.com

Bonnika is a **Gold Medalist in MBA (HR)** from University of Madras. She also holds post graduate qualifications in **Sociology and Human Resources Management**. Her passion for Leadership made her advance her qualifications through an **MS (Consultancy Management)** from **BITS, Pilani**.

Her rich and diverse experience in the twin fields of **Training and Organizational development**, has contributed to her finesse in effectively handling Behavioral & Soft skills training sessions.

Over the last 18 years she has trained over 14000 corporate staff and management graduates on soft skills like **Effective Communication, Team Building, Leadership, Problem Solving and Decision Making, Interpersonal Skills, Motivation, Time, Stress & Change Management Emotional Awareness and overall Personality Development**. She has designed and delivered modules on **Customer Service and Quality & 5S for Management Effectiveness**.

ABN AMRO, Apollo Hospitals, Bewell Hospitals, Blue Star, Choramandalam, Chodayil, Circular Edge, Emerson, Fresh & Honest, Hyundai, HCL, IDBI Bank, ITM, L&T Constructions, L&T Infotech, Madras Orthopedic Society, M.O.P Vaishnav College, Khazana Jewellery, Rainbow Children's Hospital, Rane, Renault Nissan, Serco Global Services, SPIC Group, SRM Group, Verizon, Vestas, World Bank etc are some of the organizations that Bonnika has trained extensively.

Bonnika believes that training is a '**transformational phenomenon**' which becomes successful through Cognitive and Experiential learning, thereby fostering **continuous, holistic development**. She packages her programmes with innovative games, fun filled activities and stories.

Programmes - Designed - Developed and Delivered

Analytical Thinking Skills

Applying the Six Thinking Hats

Thinking out of the box

Strategic Thinking

Creative Problem Solving

Effective Business Communication

Negotiation Skills

Business Etiquette

Email Etiquette

Assertiveness

Presentation Skills

Moments of Truth

Customer Friendly Behaviour

The Art of Saying No

Complaints are Gifts

Campus to Corporate

First Time Managers

Leadership Effectiveness

Competency Based interviewing skills

Professionalism

Goal Setting

Planning & Organizing Skills

Time Management is Life Management

Coping with Change - Break through Change Management

Emotional Intelligence

Personality Profiling - Different Strokes for different folks

I am Right - You are Wrong (TA and Emotional Awareness)

Handling Stress - Being Pro-Problems

Interpersonal Skills

Team Building Skills

Decision Making

Effective Delegation

Conflict Management

Ownership, Accountability &

Responsibility

Power of Positive Attitude

Journey of Quality

Fundamentals of Project Management

5S & Kaizen for Managerial Success

Orientation to Six Sigma

Motivation & Enthusiasm

Connect : Work - Life Balance