



Ms Preeti

Emotional Intelligence & Coaching



MBA in Finance
MA in Psychology
BSc in Life Sciences
Certified ACTA Trainer

preeti is an experienced corporate trainer who can propel clients and unleash the full potential of their business. her expertise is in conducting soft skills training programs and imparts trainings in areas of Leadership, People Management, Personal Effectiveness, Change Management, Stress Management, Relationship Management and Customer Service.

she is a dynamic speaker, presenter, facilitator and trainer. Her experience in coaching and training professionals on personality development and people management skills sets her apart. she passionately combines her knowledge of psychology, and experience in corporate world, with personal transformation practices to teach people to focus their attention, enhance their emotional intelligence and foster productive and enriching relationships. Her highly approachable, fun-loving and easy-going personality allows her to engage in professional and personal relationships with ease.

preeti has been involved in the field of Training & Counseling since 1996, when she began her first “Personality Development and Effective Communication” training course. she is focused on driving results for individuals and client organizations through consulting, training, and coaching. she emphasizes on improving productivity through Emotional Intelligence and Cognitive Behavioral Therapy based training. she is a developer of numerous STRIVE HIGH programs including: Working with emotional intelligence, Strategic Thinking, Influential Negotiations, Exercising Influence, Managing Innovation, Building and Managing Interdisciplinary Teams, and others.

preeti incorporates over ten years of work experience with reputed banks and other multinational companies in different positions of business management, marketing, training and counseling. her varied experience in Private Banking, insurance sector, and front line, have given her a keen insight into issues people face in workplace & personal lives, and have added value to her ability to provide an all-rounded perspective on leadership. being extremely passionate about issues



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of human relationships, group dynamics, effective communication, and transformational leadership, she has continued her research and study on the topics in greater details. she learned various principles of team dynamics, leadership and peak performance from her experiences while working and consulting with a wide variety of companies such as DBS, Nomura, RBS, ABN Amro, AIG, Egmont International etc. her vast experience allows her to share best practices and insights that allow companies and leaders to move forward and give them a competitive edge and position them for success.

among her many accomplishments are her proven track record and competency in working with a multicultural environment across diverse industries with clients in Singapore, Hong Kong and India. acknowledged by many as a proactive individual that utilizes a logical approach to meet challenges, she takes fresh initiatives to get the best results possible. she has been recognized and praised for performing effectively under high pressure and consistently exceeding client expectations and organizational goals.

preeti can help companies move forward and strategically position them for success.