



Matrix



Inspire > Empower > Transform

www.matrix.in

Dr.Paras is an unconventional Coach & Trainer who has brought about phenomenal transformations in lives of People. His passion for his work and driving change in the Organizations has resulted in paradigm shifts. Inspired by his learning, Managements and Executives have progressed firmly towards believing in change. A change within, that can create varied possibilities for organizations to excel and grow, irrespective of challenging situations.

Paras has partnered with many leaders and potential leaders for Leadership development, Executive Coaching (CEO's, Directors, Senior Management), Change Management, Inter –Personal Relationships and Team Bonding in a dynamic environment. He has a direct, inspirational, incisive and empathetic approach. Gifted with the sensitivity to listen to the emotional depth of words and connect with people, Paras has successfully builds trust to act as a catalyst for change. He is extremely passionate about driving people to be extraordinary, innovative, creative, and successful in every domain of life through Coaching and Training. He has done commendable work in transforming Behavioral Patterns of many Senior Executives through programs like Self Discovery, Leadership Insight series and Coaching. He has created greater passion, excellence, commitment and alignment to goals.

Vision : Inspire, Empower and Transform every person on this planet.

Mission : Empower the hidden potentials of people by using unconventional techniques from individual development to organizational effectiveness



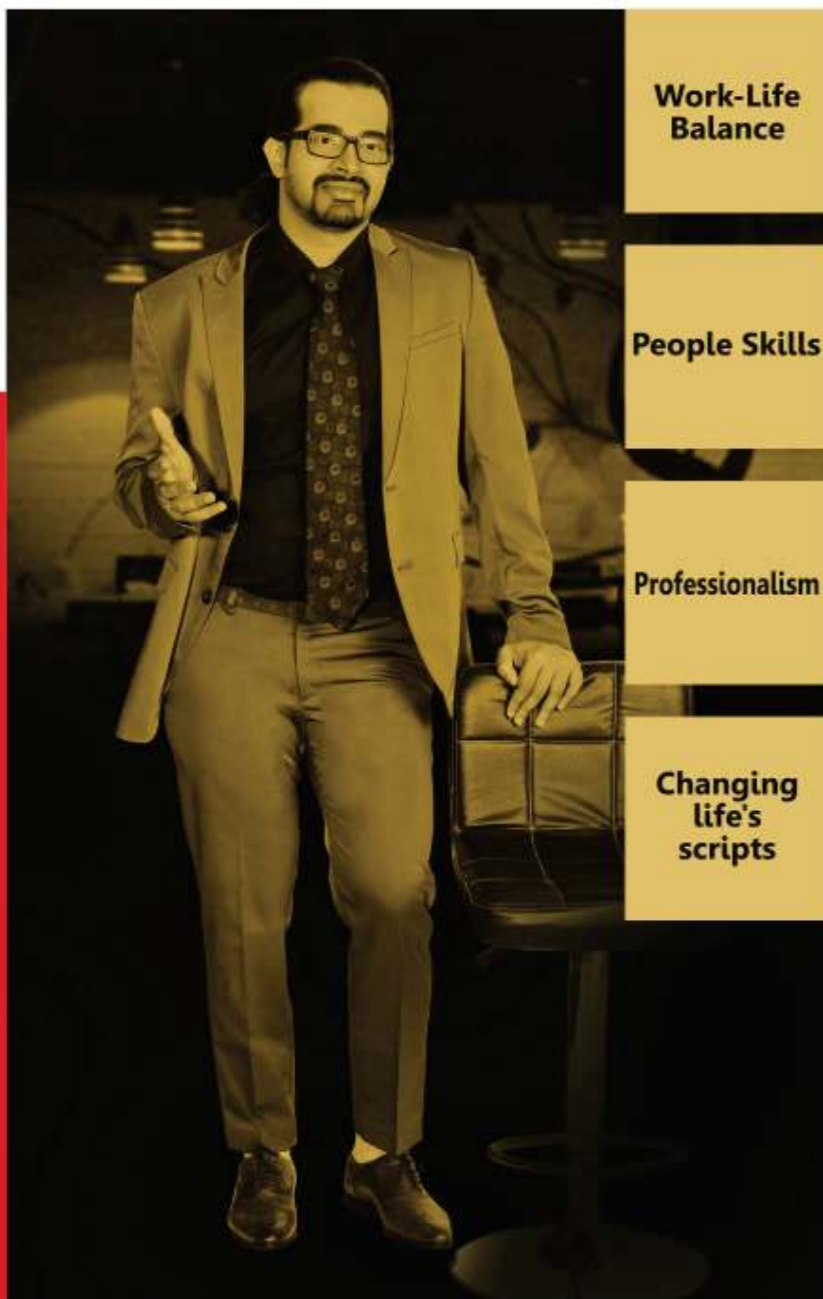
Credentials

- **Doctorate in Organisation Behavior**
- **IIM Lucknow - Executive program in HRM**
- **Coach PCC credential from ICF & ICA -Certification Australia.**
- **REBT from Albert institute from New York USA**
- **NLP – Practitioner & Master Level by NFNLP – USA**
- **Masters in Business Administration**
- **MA-Philosophy**
- **MA-Gandhian Thoughts**
- **Psychometric Assessments – Certified Hogan & PF-16**
- **Clinical Hypnosis**
- **Coach certification from Franklin Covey Institute**
- **MSC –Psychotherapy & Counseling**
- **Tesol Advanced Diploma Program**
- **Certified in TA 101 from International Transactional Analysis Association**
- **Certified Train the Trainer in Behavior Safety**





Sky's the limit –
Experience the edge



| | | |
|-------------------------|--------------------------|-------------------------------|
| Leading from Heart | Building trust | Empathy |
| Work-Life Balance | Clarity in Communication | Positive Attitude |
| People Skills | Creative Visualization | Impression Management |
| Professionalism | Planning Skills | Service Mindset |
| Changing life's scripts | Manage emotions | Self-Awareness and Management |

Benefits



“ At Forbes Marshall, we serve process solutions globally, deal with various customers across the globe. Communication Lab was an excellent course. My team and me found this session incredibly effective. After undergoing the practical learning and being empowered by positive feedback my dealings with customer worldwide saw a major shift. My confidence index shot up dramatically. I left that session hundred times more confident from when I started. It has added a lot of value to our day to day dealings with clients. Thanks a lot Dr. Paras for your help. It's a worthy investment.
Rajesh Laturkar, Manager Customer Support, Forbes Marshall India.”



Explore the "Real You" in you!

All successful people share one powerful characteristic: Hunger. Push yourself to achieve your dreams using a certified Dr. Paras Life Coaching Program. At Matrix, we work one-on-one to develop a master action plan that clearly states goals and defines the steps needed to get there.

Whatever one is looking to improve- one's business, profession, health, finances, relationships, emotions, time, Dr. Paras is committed to helping create greater levels of fulfillment in your life.

At Matrix, our pioneering strategies enable us to discover methods for identifying and overcoming the obstacles in one's way of progress.

Team up with your coach and start achieving today!

Coaching



Feel, Express, Heal & Excel

Dr. Paras is a Licensed Professional therapist. He facilitates mindful discussions for individuals to identify, challenge, and replace their self-defeating thoughts and beliefs with healthier thoughts that promote emotional well-being and goal achievement. Dr. Paras has offered psychotherapy services in the form of rational-emotive behavior therapy (REBT) to more than 6,000 clients, in the form of individual, couples, family, and group therapy, covering a large spectrum of emotional problems. Dr. Paras offers this comprehensive, evidence-based psychotherapy counseling certification to the aspirants who are Businessmen, Trainers, Counselors, Teachers, Corporates, HR Professionals, Doctors, Housewives, Lawyers, and Detectives etc.

Counseling and Psychotherapy



“ My interaction with Dr. Paras has been great. I was astonished with his magnificent personality and saw immediate connection with the participants in the program. When he began speaking participants began to connect the dots. Our country today needs Trainers and Coaches like Dr. Paras to take the people's progress to next level. He has been instrumental in bringing visible shift in people's life.
Dr. Apoorva Palkar, COO (Education), Sakal Media Group, Sakal International Learning Centre.”

CHANGE MANAGEMENT SOLUTIONS

1. COUNSELING LAB SET UP - "OASIS"
2. SURVEY
3. REBT
4. PSYCHOMETRIC ASSESSMENTS

SIGNATURE PROGRAMS

1. PEP
2. QUANTUM LEAP
3. WOMEN LEADERSHIP PROGRAM
4. RESULT ORIENTATION
5. CORPORATE VITAMINS

PEOPLE SOLUTIONS

1. OBT
2. CONFLICT MANAGEMENT
3. INTERPERSONAL SKILLS
4. SELF DISCOVERY
5. NLP
6. PERFORMANCE FEEDBACK
7. EMOTIONAL INTELLIGENCE
8. PRESENTATION SKILLS
9. FIRST TIME MANAGERS

LEADERSHIP PROGRAMS

1. ASPIRE
2. PRINCIPLE CENTERED LEADERSHIP
3. UDAAN
4. LEADING FROM HEART
5. SAARTHI
6. LEADERSHIP DEVELOPMENT SERIES - FORCE MULTIPLIERS

6. CULTURE CHANGE PROGRAM - 'SHIKHAR'
7. JUMP
8. JEEVAN LAKSHAY
9. SAARTHAK
10. TRANSACTION ANALYSIS

17. BUSINESS ETIQUETTE
18. COMMUNICATION SKILLS
19. EMAIL ETIQUETTE
20. LANGUAGE ENHANCEMENT PROGRAM
21. SPEECH ENHANCEMENT PROGRAM
22. CAMPUS TO CORPORATE
23. STRESS MANAGEMENT
24. TRAIN THE TRAINER
25. PERFORMANCE DIALOGUE

10. MANAGING PRIORITIES
11. SUPERVISORY SKILLS DEVELOPMENT
12. MOTIVATIONAL SKILLS
13. PROBLEM SOLVING & DECISION MAKING
14. GIVING & RECEIVING CONSTRUCTIVE CRITICISM
15. CULTURE SENSITIVITY
16. CREATING A SERVICE MINDSET

26. INTERVIEWING SKILLS
27. PREVENTION OF SEXUAL HARRASSMENT PROGRAM
28. ANGER MANAGEMENT
29. ASSERTIVENESS
30. NEGOTIATION SKILLS
31. DEALING WITH DIFFICULT PEOPLE
32. POSITIVE ATTITUDE AT WORKPLACE
33. CREATIVE THINKING



“ We have had a very long and a strong association with Dr. Paras. The best part about his deliverables is the classroom stimulations and outdoor exercises. They both give opportunities to discover how one should respond and what decisions one should make in situations he/she has never faced before; that too, in a safe and open-minded environment. ”
Shyamkant Madhukar Khonde Head Human Resource, LG



“ Vibrant, Outgoing, Compassionate Person with a Heart of Gold”.. Dr. Paras is truly a Transformational Guru. He is the perfect combination of compassion with great knowledge of transformational tools that make him work with an edge. His training designs focus not only working on the 'Transactional Need' aspects from Organization point of view but at the same time logical and holistic solutions for individuals. He literally strives to make an impact on individual's thought process, beliefs and stirs them to at an emotional level that earns him high level of respect amongst the audiences & HR Professionals. I have seen him from being a professor, to a colleague to a great friend! Wish him Great Success & Support in all his Endeavors. ”
Mansi Nagar, HR Manager- RPG Group, Pune





Ekktaa
Training & Branding Consultant

Ekktaa has inspired around 15000 participants in her journey as a Trainer. She has been a corporate trainer for many companies such as Wipro Technologies (Various Business units like Leading Telecom companies in UK and Australia, Toy manufacturing company - global), Wipro Infotech (Banking and Financial Institution, India based Telecom Company, Talent Transformation Team etc), GTL, Sterlite Technologies, Mphasis, Forbes Marshall, SIBM College etc.

Ekktaa Partners with many potential engineers at executive level to senior manager and project leaders. Her passion for training makes the class lively and transcends people thinking process.

She comes up with great energy and makes people aware of the need to shift their thoughts. Her teaching style has created many breakthroughs in projects that she served. She banded 2 awards in 2008 and 2010 in Wipro on the grounds of Significant Contribution in the development of the projects and regions she worked for. She was an active member of Employee engagement activities.

She offers various programs such as Presentation Skills, Image consulting, Business Etiquette, Email Etiquette, Communication Skills, Customer centricity, Speech & Language Enhancement program, Assertive Skills, Train the Trainer, Confidence building, Induction Programs.

As a Trainer, she also took active participation in CSR Activities; she was a part of an elite group in Wipro wherein she was involved in counseling matters pertaining to emotional health of employees.

Clientele

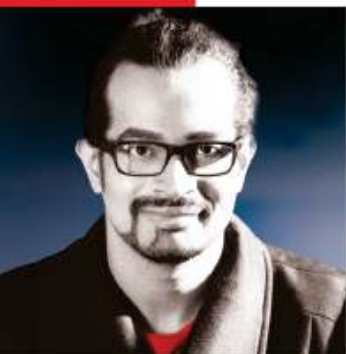
Corporate

- Zoom (The Times Group)
- Piaggio Vehicles Pvt Ltd-Vespa
- Henkel Adhesives Tech India Pvt Ltd
- RayChem RPG Group Pvt Ltd
- Garware Wall Ropes Ltd
- Asian Paints Ltd
- Emerson India Pvt Ltd
- Praj Industries Pvt Ltd
- Mack Valves India Pvt Ltd
- Alfa Laval India Ltd
- Sterlite Technologies Ltd
- Oerlikon Fairfield Atlas Ltd
- Forbes Marshall Pvt Ltd
- Tata Motors Ltd
- Sahyadri Industries Ltd
- Sandvik Asia Pvt Ltd
- Gabriel India Limited
- Kirloskar Group
- Deutsche Bank

- Lear Corporation Pvt Ltd
- Minda Corporation Ltd
- Videocon Pvt Ltd
- Nichrome India Ltd
- Menon & Menon Ltd
- BLG Parekh Logistics Pvt Ltd
- LG India Pvt Ltd
- Loreal Pvt Ltd
- kores India Ltd
- Mercedes Benz India Pvt Ltd
- Crompton Greaves Ltd
- Johnson & Johnson Ltd
- SAP India Pvt Ltd
- Mahindra Pvt Ltd
- Bosch Pvt Ltd
- Siemens Pvt Ltd
- ARaymond Fasteners India Pvt Ltd
- Murugappa Group
- Wipro Technologies Ltd

B-Schools

- SYMBIOSIS INSTITUTE OF BUSINESS MANAGEMENT
- INTERNATIONAL SCHOOL OF BUSINESS & MEDIA
- SYMBIOSIS INSTITUTE OF COMPUTER STUDIES & RESEARCH
- SYMBIOSIS INSTITUTE OF BANKING AND FINANCE
- MUMBAI UNIVERSITY
- SINGHAGAD INSTITUTES



“ What I have observed in most of the people is that they are looking for a path that will lead them towards fulfilling their dreams & goals. They have tremendous amount of potential and energy. That zeal in them needs to be channelized. Through my coaching and facilitation experience, I provoke people to discover within themselves the answers to specific issues that they are facing, gain clarity about the value systems they engage with, overcome perceived limitations and reach new levels of achievement. ”

Dr. Paras

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Ekktaa

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