

**Senior Consultant | Facilitator | Executive Coach | Corporate Trainer**

**SNAPSHOT**

* Monika Shrivastava is an **HR Professional** with **12+ years** of rich experience**.** She is a **certified Coach for Behavioral Programs.** She has expertise in diverse areas such as Facilitation, Coaching, Organizational Development, Leadership Development, Employee Engagement, Learning, Communication, Diversity etc.
* She is currently freelancing as a Consultant, Facilitator and Executive coach. She has conducted training programs for **Senior Leadership, Middle Management and Hi – Potentials** in areas such as Personal and People Leadership, Stakeholder Management, Customer Centricity, Building Trust, Managing Customer Expectations, Giving and Receiving Feedback, Program for New Hires, Time Management, Business Communication, Communication skills, and Presentation skills, Active Listening, Corporate Etiquettes, Rapport Building, Inflencing Skills, Team Building, Customer First, Excellence, Conflict Management, etc. She has worked with clients such as **IBM,** **Shell,** **Accenture, EXL, Honeywell, GAIL, HPCL, Maruti, Ashok Leyland, Anand Group, Fab India, Columbia Asia Hospital, IIFL, CBRE**, **Oppo**, **Coloplast, Hines, Astrazeneca**
* She is a coach to founder members, executive team members and people playing key and critical roles in various multinational organizations with **15 to 35 years** of experience. Her coaching clients include **Conduent, Cognizant, Khoros, Essilor, ITC, Herbalife, Ashok Leyland, DTDC, FIS, Chargebee, Syngenta etc**. Some of the coaching topics done by Monika include Personal Transformation, Communication and Presentation skills, Team Building, Collaboration, Influencing Skills, Micromanagement and Delegation, Conflict Management, Emotional Intelligence, Stakeholder Management, Giving and Receiving Feedback, Personal Branding etc. She has **1500+ hours** of coach sessions to her credit.
* She has reached to a wide spectrum of audience via Zoom and Skype, having conducted online facilitation workshops on topics like ‘Influencing through different levels of pushback’, ‘How to get a Promotion’, ‘Micro-management and Delegation’, ‘Coaching for High Performance’, Virtual Presentation, Coping with Stress and Anxiety, Presentation Skills, Campus to Corporate etc
* Her training experience includes both classroom and online facilitation. She has consistently demonstrated

excellent facilitation skills and achieved high CSAT ratings.

**SOME RELEVANT PROJECTS HANDLED**

* She has worked as an HR consultant for execution of Talent Management, Diversity and Learning Initiatives for various business units in IBM. She has led various consulting projects and collaborated globally with teams and stakeholders.
* She has handled Talent Management initiatives such as Top Talent, Executive Resource and Technical Resource for IBM. Handled research, content development and project management for creation of a journal for the Senior Leadership Team. She has been the Process Coach for Senior Leadership Programs. Supported in the design of Senior Leadership Program. She has handled some interesting projects such as Experience Sharing through Dconnect, IBM Learning Conference, and External Presentations for Vice President Strategic HR, and External Programs for Senior Leadership Team etc. Managed Gallup Employee Engagement Program for IBM Daksh.
* She has worked as a Project Manager for eLearning project for high performing employees across all locations of IBM, Digitization Project exploring all options of leveraging technology to find out innovative solutions for learning across all bands, Diversity Project at IBM etc.

**CORE COMPETENCIES and BACKGROUND**

* Monika’s core competencies include Facilitation, Executive coaching, and Learning and Development Projects, catering to a wide range of clients.
* Monika has completed her MBA in HR from Sikkim Manipal University.
* Prior to her association with Meta Results she has worked with IBM Daksh, Sutherland Global Services and Genpact.
* She has been recognized for her consistent outstanding performance at IBM and has been recognized as a Top Talent. She has successfully completed the IBM Learning Consulting Workshop and the Instructional Design Program from Symbiosis. She has participated in the 8th Habit program conducted by Dr Stephen Covey.
* Monika is passionate about making significant impact in the lives of people she meets through her training programs and as a coach.