

OUR CORE TEAM

AROLINE K TOM

Founder & Director



Ms. Aroline K Tom is a highly skilled and competent psychologist, who is also an entrepreneur, author, inspiring trainer and prolific speaker. She is a certified professional supervisor from an Australian Counselling Association recognized training and provides extensive counselling training for counsellors in various fields across Kerala. She has worked as a lecturer at Department of Counselling Psychology, Loyola College of Social Sciences Trivandrum. She is a consultant to many government projects related to counselling. She started her career as a behaviour therapist among children. She regularly delivers various talks related to adolescents, parenting and stress management on All India Radio.

Dr. SUSHA JANARDANAN

Director- Strategic Planning & Training



Dr. Susha Janardanan is a gifted counsellor, exceptional trainer and a dedicated counsellor educator for more than three decades. She led a team of academicians in the inception and development of Department of Counselling Psychology, Loyola College of Social Sciences Trivandrum. She was one of the first counsellors appointed at the Family Counselling Centres in Kerala under the Central Social Welfare Board in 1986. Pursuant to a Masters Degree in Social Work, she got her PhD in School Counselling. She is a certified professional supervisor endorsed by an Australian Counselling Association recognized training. She is a consultant to many government projects related to counselling.

In the new millennium, individuals strive for progressive means to attain their life goals. Plenty of opportunities are now accessible to maximize one's potential to widen growth horizons. In the global scenario, there is an increasing trend in recent years by institutions to organize various endeavours in communities to enrich human capital. There is documented evidence that such training and guidance have tremendous impact on the enhancement of human potential. These benefits are reflected in various aspects of an individual's personal and professional accomplishments including adaptive expertise, innovation, self-management skills, and empowerment. Recognizing the benefits of training activities for societal development, many countries around the world introduced strategic policies to plan and implement social training programs on various spheres. Attempts are being made by various scientific groups, academia and communities in carrying out evidence-based research in pursuit of enabling accelerated development of human potential with the objective of bettering future prospects of individual and society alike. Targeted consulting is crucial in this process of systematic and focused delivery of expertise across communities for social development. Bright Ray has been conceived with the objective of adopting in-house proficiency and experience in social sciences and mental health to expand human potential across all walks of life.

VISION

To become the favoured choice of individuals, groups and communities as a fellow traveller and an agent of change to enhance and enrich lives

MISSION

To enable the journey of personal and professional excellence by unlocking human potential through evidence-based training, research and consulting

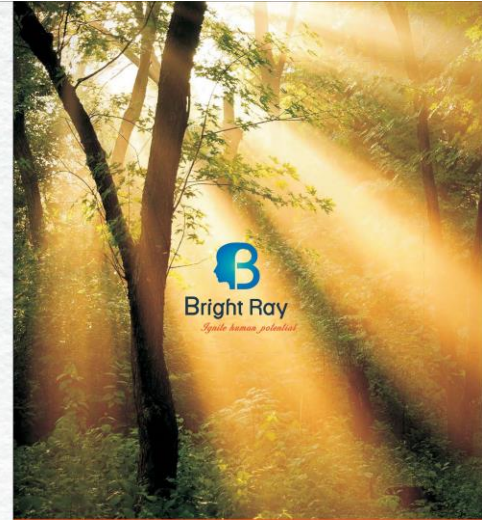


Bright Ray

Sparks human potential

1st Floor, TC 20/3218-Nalanchira P.O, Trivandrum-16, Kerala
Mob: +917306243997 | info@brightray.in

www.brightray.in



TRAINING | RESEARCH | CONSULTING

SERVICES

Bright Ray offers open and customized Training, Research & Consulting Services



TRAINING

Counselling Skill Development

Conduct bespoke experiential workshops in basic and advanced counselling skills for professionals and para professionals

Adaptability Skill Development

Equipping young people to develop readiness in adapting to their new and responsible roles, both at home and work

Parental Effectiveness Programme

Deliver programs to support and strengthen parents at different phases of parenthood

Faculty Enhancement Programme

Enable teachers (school/college) through 'innovative learning strategy series' to sharpen their abilities in the areas of teaching, research and administration

Induction programmes

Provide orientation programmes for freshers to induct them into institutional culture (joining a course/a new job)

Special Programmes for Teacher Trainees

Offer specialised professional development programmes to equip teacher trainees in B.Ed., TTC, Montessori and NTT to deliver value based practice

Mindfulness Programme

Open a wellness window of emotional and physical well-being through Mindfulness Based Stress Reduction (MBSR) Programmes to optimise peace of mind and happiness

Marital Enrichment Programme

Offer specific enrichment programmes for couples at different stages of marriage to enhance marital communication and marital satisfaction

Capacity Building Programmes for Employees

Deliver skill development programmes for employees to optimise people skills, performance excellence, professional growth and organizational development

Career Orientation Programmes

Conduct career guidance programmes at schools and colleges along with administration of suitable psychometric assessments

Mental Health & Well-being

Deliver mental health awareness programmes for various groups to create awareness about mental health issues, its management and well-being

Geriatric Wellness Programmes

Conduct workshops for elderly groups and care givers

Refresher programmes for Resilient Practitioners

Organize self-reflective leisure programmes for resilient practitioners like Clergy, Nurses, HR Specialists, Therapists and Law enforcement professionals

Programmes for Institutionalised Children & Care Givers

Provide psycho-social support programmes for institutionalised children and skill development programme for their care givers



RESEARCH

- Need Analysis
- Psycho-Social Surveys
- Employee Engagement Surveys
- Impact Studies



CONSULTING

Action Plan Implementation

Provide promising implementation strategies on the basis of need analysis to attain specific goals of the agencies and community organizations

Institution / Community Based Initiatives

Support in mobilizing local resources to address the requirements of the institutions and community by implementing the necessary action plan and establishing a proper monitoring mechanism

Employee Grievance Addressing Cell

Offer expertise in the initiation and functioning of Grievance Addressing Cell

Employee Wellness

Recommend measures to design and delegate series of wellness initiatives

Mental Health Programmes

Support in planning and implementation of various mental health related activities to create awareness among the public

Mental Health Start-ups / Ventures

Guide individuals / trusts to launch start-ups for ethical mental health practice

Mentoring & Counselling Services

Making professional counselling / mentoring services accessible and affordable for individuals/couple/family

Psychometric Assessments (Non-Clinical)

Methodically administer non-clinical psychometric tests to assess personality, aptitude, creativity and career preference on demand, from academic & non-academic institutions / organizations