

Rebecca Fernandez

PORTFOLIO



introducing **ABOUT ME**

I am Rebecca Fernandes. I work with Business Leaders & Corporate Professionals just like you. I help you work on your emotional intelligence and interpersonal skills so that you are able to manage your emotions to lead a fulfilling life & increase your productivity within workspaces.

I am a management post graduate who is married to training and I have two brain-babies, The Audio Skill Capsule Podcast and Edtrainment. I'm an Emotional Intelligence Coach and a Corporate Trainer certified by The Society of Human Resource Management (SHRM) & Human Resource Certification Institute (HRCI).

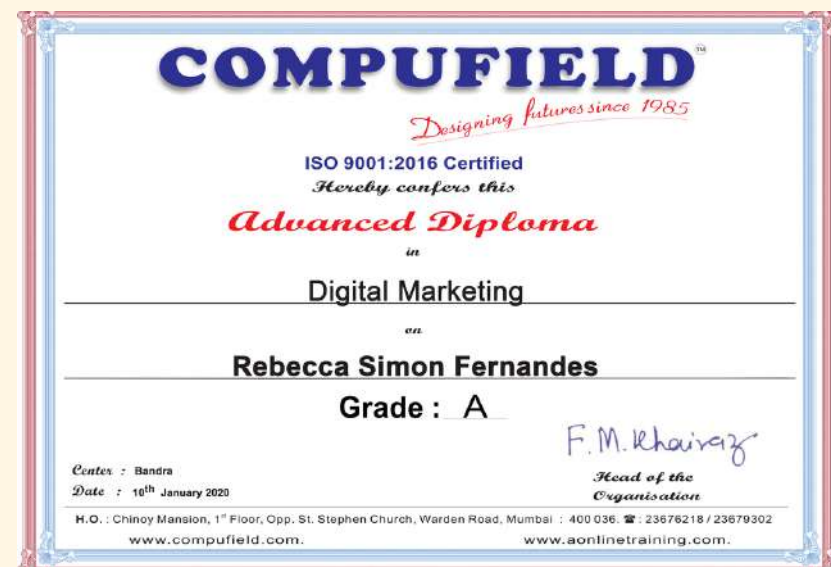
I consider myself a Work In Progress because the day I consider myself a Finished Product, I will leave no scope for self-improvement.

Are you ready to join me on this journey of becoming a Work In Progress?



Rebecca Fernandes
Graphic Designer

my CERTIFICATIONS



The Journey



10+
Training Modules

500+
Trainees

5 YEARS+
Teaching & Training Experience

01 **Leading With EI**

02 **Effective
Communication &
Presentation**

03 **Personality
Development**

04 **Ethics &
Compliance**

05 **Team Building &
Engagement**

06 **Conflict
Resolution**

07 **DeBono's Six
Thinking Hats for
Decision Making**

08 **EI for Children
and Parents**

"The sessions have been really helpful with the growing need for mental health awareness and the general stress arising in students with all the study pressure. Thankyou for this seminar, very well taught and will try from my side to make the best use of this knowledge."



**-Risha Agarwal
(Management Student)**

For me the assessments gave me a really refreshing point of view of myself. Will surely use the other methods i learned to cope up with emotions



**-Janvi Gupta
(Management Student)**

*Reviews &
Testimonials*

This 4 day workshop was honestly really amazing it gave me a very deep insight on the way I deal with my emotions and even my reaction to these emotions. Ma'am shared various methods with us on how we can control our negative emotions at times when it is difficult to even compose ourselves. I personally found the palm method very helpful because it made me realise what things make me happy and sad. I am very happy with the way ma'am dealt with such a topic with so much sensitivity and ease. I found this session to be veryyyyyy veryyyy helpful.



-Louan Marialisa Rodrigues
(Public Relations Intern @Madison World)

*Reviews &
Testimonials*

The workshop was very helpful and made me aware of the things I need to work on right now and hope to get better at it soon.



-Taha Shaikh
(Management Student)

REACH OUT TO US

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