

Mr. Justin Thomas

Justin Thomas (Psychologist, Trainer, Life Coach, Author and Speaker) is a corporate professional who decided to become a trainer to serve society better. Last 15 years he has been focusing on training programs based on Soft Skills and Life Skills, MIND POWER Outbound and Neuro-Linguistic Programming across the world. He has conducted around 4000 training and counselling sessions in his career (both online and offline).

Awards and Recognitions

He was awarded as one of the most contributed trainers in Kerala during Covid 19 period by Dream Setters and New Age Newspaper in May 2020.

He won the 'Training Excellence Award' by Junior Chamber International (JCI) India Zone XXII for his contributions in the field of training in 2020.

He received a national level recognition award from National Director Training JCI India for his contributions in the field of training –January 2021

Certifications in Training and Counselling

He is the master trainer of GNNLP™, NLP Kerala® and ISSTAC® and the certified trainer of Junior Chamber International (National Trainer), MINDS, IMG, and KILA. He is also a Life Coach, NLP master practitioner and hypnotist by Association for NLP – UK, USA and ANLP, and Counsellor by Govt. of Kerala.

He is a certified Yoga Teacher of Yoga Alliance International and SUJOK therapist of the International SUJOK Association.

Educational Qualifications

He is a research scholar of counselling psychology at Starex University, Haryana who took an M.Phil. in Medical & Psychiatric Social work from Martin Luther Christian University, Shillong, India. He holds post-graduate degrees in Economics and Sociology from the University of Mumbai, India and a post-graduation in Psychology from The Indira Gandhi National Open University (IGNOU), India. He also holds a Government of Kerala certification on Post Graduate Diploma in Counselling. He was awarded Post Graduate Diploma in Foreign Trade with the specialization of International Marketing by World Trade Centre Mumbai, India. Mr Justin also possesses a TTC course in Yoga from Yoga Alliance International.

Work Experiences

He worked for World Trade Centre Mumbai, Magic Bus-Mumbai, Aga Khan Education Services-Mumbai, CSSS-Mumbai, Tata Institute of Social Sciences-Mumbai, DY Patil Institute for Management Studies-Mumbai, St. Joseph College of Engineering and Technology-Kerala. He is the founding chairman of Almeda Trust, and Managing Director of Institute for Soft Skills Training and Counselling (ISSTAC ®) and NLP Kerala®.

His Major Training Topics Are:

- NLP
- Hypnosis and Psychotherapies
- Soft Skills and Life Skills topics (motivation, goal setting, values, interview skills, effective public speaking and communication, dreams and visualisations, stress management, time management, emotion management, interpersonal skills, relationship management, modern media management, study skills, career guidance, creativity, rational thinking, sales and marketing, negotiation and decision making, problem-solving, customer care, vision – mission – an action plan, sex education etc.)
- Mind Power (Mind Art® - a registered mind power program)
- Outbound (Stretch Beyond)
- Life Coaching and Counselling
- Parenting and Teachers training
- Need-based programs

His experience as a TRAIN THE TRAINER (Chief Mentor – TOT, and TTT)

- He was the chief mentor of around 75 trainers training programs
- He trained around 1000 trainers across the world
- Officially recognised TOT faculty of (Trainer of trainers) JCI, Employment exchange of Kerala, KILA, ISSTAC, NLP Kerala® and MINDS.

His Clients in India and Abroad

He frequents the Middle East and Malaysia for providing life coaching, training and counselling. His international participants (who came to India to undergo training, counselling and life coaching) from various countries include Japan, Israel, Pakistan, USA, France, UAE, UK, Germany, South Africa, Kenya, Singapore, Thailand, Malaysia, Australia, Philippians, Sri Lanka, New Zealand, China etc.

This international trainer serves government and non-government clients abroad and India which include several schools and colleges, NUBE, HNC, Gulf Radio, MRF, CEAT, LIC, EVM, MWT, ACC Cement, IMG, KILA, KSFE, KBPS, Matsyafed, Consumerfed, Employment Exchange of Govt. of Kerala, CUSAT, Rajagiri Institutions, Big Market-Bangalore, St. John's Hospitals, District Cooperative Banks and various small and medium level industries, educational institutions and organizations.

His Memberships and Organisations

He is an active member of BNI, GNNLP™, JCI, Lions Club International, IPCAI, MINDS, KCTTU, YAI, ISA and FPTM.

Nature of His Programs

His training programs are highly interactive and adopt a 'Need-Based' approach in his programs. He has conducted more than 4000 training, counselling and life coaching sessions to date.

Authored and Published

He is the author of two books

- Mathapithakalum Adyapakarum Poonthottakar
- Urappulla Adithara Paniyuvan and has published a series of more than 50 articles. Three of his books are to be published soon.

TV – Radio Programs

He conducts Programs on Television and Radio regularly. Please watch Parivarthanam on Goodness TV every Saturday at 3:30 pm (More than 200 episodes are available on YouTube).

For more information visit:

www.isstac.com

www.nlpkerala.co.in

www.obttraining.com

www.mindpowerworkshops.com

www.ecounselings.com