

ABOUT THE FACILITATOR

Punam is an Enabler enabling people to realize their dreams and achieve their goals.



Facilitator's Profile

Educational Background -

- Post-Graduate degree in Stress Counseling from Devon, United Kingdom
- MBA from USA in HR
- Double Graduate Basic Counseling (Devon, UK), and Political Science Honors (St. Xavier's College, India), Certified Psychometric Test Professional from CAM-USA
- CELTA from Cambridge, UK
- Train the Trainer Course & NLP Practitioner - NFNLP
- ICF - PCC Coach: Executive/ Life and Organizational Development Coach and many other Soft Skills Certifications

Among various awards won

- The President's Award** given by the President of India - **The Governor's Award** given by the Governor of West Bengal
- Fish of the Month** given by EK Group - EKFC | **Award of Honour** given by MyCareers - Bhatinda,
- Behind the Scenes Worker** given by KAMA Ayurveda Pvt Ltd
- Most Fabulous Training and Development Leader North: Catalyst of Change** given by World HRD Congress
- Woman of Excellence** awarded by Indian and International Achiever's Forum
- Best Woman Performer in Learning and Development Award** at International Inspirational Women Award (IWWA) 2020.
- Awarded by CEO Magazine** - As one among the 25 Iconic Businesswomen to be followed in 2022
- Award of Appreciation** by Dayanand Sagar University for Teachers Training/Development Session.
- Achievers' Award** - RMB Kolkata

Few Names I Associated with:

- Corporates - Associated as L&D Head, Coach, Counselor, Sales Trainer, Soft Skills Behavioral Trainer, Motivational Speaker, Leadership Trainings, ES, Trainer, Train the Trainer, HR Consultant, Psychometric Test Professional
- U.A.E. - Emirates Group / Doha / Abu Dhabi / Future Rider - IT & Computer Centre / Acer / Voltas
- U.A.E. - Oil and Gas Companies - ADCO/ADGAG
- India - Manyavar / KAMA Ayurveda Pvt Ltd / Corporate Edge Services Offices Pvt Ltd / Synergy Electronics Ltd
- Affiliated Coach - Unilateral Peak Performer / Fourth Quadrant / Sheema/Archiya/Jeyle

Clubs - Associated as Guest Speaker conducting varied workshops, Motivational Speaker

- India - Rotaract Club of Calcutta Victoria, Rotary Club of Calcutta Victoria - India/ Bharat Scouts and Guides Movement - India and U.A.E.

Schools/Colleges - Associated as ES, Trainer, Teacher Skills Development, Teacher, IELTS Preparation, Career Counselor

- Indonesia - Senville International
- U.A.E. - Higher Colleges of Technology (Abu Dhabi, Dubai, Ras Al Khaimah, Fujairah) / GEMS Group / U.A.E.
- India - The Heritage School (Bloomington Daffodil) / La Martinieres for Boys / Kolkatta / Assembly of God Church Kolkatta
- Dayanand Sagar University

Management Institutes - Associated as Associate Professor Business Communications, Campus to Corporate Ready Trainer, Associate Professor HR, Chief Mentor, Editor, Career Counselor, Motivational Speaker

- IFE Group of Institutions, Management/Engineering - Edupoint/Raffles Singapore - India / Universal Business School of Management - India
- Times Group - India /AIMS - India /My Careers - Ludhiana, Ambala, Allahabad, Amritsar, Indore, Bhatinda - India



Over 11 lakhs individuals have been counselled and trained by her so far.

THANK YOU

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Neostylus OPC Pvt Ltd

A Leading Learning and Development Solution Provider to Professionals and Corporates by Punam Agarwal

"Helping people become the best version of themselves is what drives me not just each morning. The rewards are given to me, and the encouragement and validation that helps me do and grows all the while, helping me to see the positive side of even negative situations." - Punam Agarwal

Photo: Sangeeta Chatterjee



Punam Agarwal
Founder & CEO, Neostylus OPC Pvt Ltd

10 | March | 2023 | 10 | March | 2023

The CEO Magazine

Tried and tested the "25 Iconic Businesswomen Need to Follow 2022" accomplishment, Punam Agarwal, Founder and Director, Neostylus OPC Pvt Ltd shared that it is her passion for work that keeps her motivated. She is a life coach, counselor, and trainer by profession, and an enabler at the core. The leader shares enabling people to realize their goals.

With over three decades in several corporations and educational institutes across multiple industries and geographies with a diverse set of people and cultures. During the same, Punam associated with one company every time, while she wanted to be engaged with more than one company at one time. This led her to start her venture in 2011.

Neostylus is a brand of choice for all types of training providing definite results at the National and International Level to learn, Lead, and Inspire. She mentions that her books include Leadership Training, Recruitment Tools, Soft Skills and focus on the way to published books.

In conversation with The CEO Magazine's editor, Parvina Nazam, Punam shared about her brand and her entrepreneurial journey. Edited excerpt:

TCM: Tell us about your brand and the services you offer.

Punam: Neostylus stands for Nurturing, Empowering, Optimistic, Skilled, and Talented and continues to create and deliver best-in-class training programs from executives to CXO levels running a gamut of workshops, seminars and webinars from soft skills, sales, customer experience, Motivational sessions to Executive Coaching.

Neostylus was established in 2011 with a vision to start something completely new, where corporate and individuals can find solutions to all of their learning and development needs under one roof. A company dedicated to finding cutting-edge solutions, providing great results-oriented services.

TCM: How do you define success for the firm?

Punam: Success for me is not just in terms of revenue, but in terms of the impact we have on our clients and the growth of our organization.

TCM: What are the challenges you face in your business?

Punam: The challenges I face are the constant need to stay updated with the latest trends and technologies in the field of training and development.

TCM: How do you stay motivated and inspired?

Punam: I stay motivated and inspired by the success stories of my clients and the growth of my organization.

TCM: What are your future plans for the company?

Punam: My future plans for the company are to expand our reach and provide more services to our clients.

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Punam Agarwal

Service Information



Neostylus
Learn | Lead | Inspire



Leadership Coaching

• Executive Coaching—

Coaching involves coaching the leaders of an organization helping them to perform, learn and lead their teams successfully to achieve the desired organization goals.

• Life Coaching—

Life coaching involves helping people to improve their career, lifestyle and even personal life. Helping clients to consciously identify where they may wish to change their ways in order to improve their performance or growth.

• Organizational Development Coaching—

Organizational coaching aims at fostering positive, systemic transformation within organizations. It is frequently used to help organizations achieve strategic objectives, enhance leadership capability, and create culture change.

• Neuro Linguistic Programming

CORPORATES

- **Employee Empowerment** - Behavioral Soft Skills Trainings /Business Etiquette and Interpersonal Trainings/ ESL and Communication Skills Trainings /Attitude/ Integrity / Motivation Training
- **Sales** - Selling Techniques and Strategies/ Customer Experience / Product Trainings
- **HR Consultation**— Psychometric Assessment for Recruitment / Manpower Solutions / HR Policies etc
- **NLP Master Practitioner**
- **Transitioning Managers**—Supervisors, Managers Development Skills

CONSULTATION

- **Interior Designing**
- **Vaastu/ Feng Shui Consultation**
- **Tarot Card Reading**

HEALING / SPIRITUAL

- **Reiki / Pranic Healing**
- **Color Therapy**
- **Meditation Sessions**

COUNSELING

- **General / Relationship**
- **Career**
- **Mental Health**

ENGLISH

- **General**—L1, L2, L3, L4, L5
- **Skill Development**—Reading/ Writing/ Speaking/ Listening/Vocabulary building/ Comprehension Skills
- **IELTS Preparation**
- **Business Communication Skills**
- **Business Writing Skills**

EDUCATIONAL INSTITUTES

- **Psychometric Assessment + Career Counseling** – Mainly for Class 10 and 12 Students
- **Behavioral Counseling** – Includes among others: Child therapy/ Group Therapy/ Coping with Stress & Anxiety specially during exams/ Relationship Counseling/Family Counseling
- **Positive Parenting** – Orientation for New Parents at all levels/ Nurturing the confident child/ Adolescent Issues/ Handling Sibling Rivalry/ Teen Communication/ Working Moms/ Positive disciplining/ Bonding not distancing
- **Life Skills** – Good Attitude / Ownership / Empathy/ Appreciating Differences/ Gender Issues/ Integrity/ Teamwork/ Sensitivity/ Leadership/ Study Skills/ Assertive Skills/ Grooming/ Body Language/ Listening / Anger Management/ Disagreeing amicably and resolving conflicts among others
- **Teacher Empowerment** – Multiple Intelligence / Emotional Intelligence/ Adversity Intelligence/ Communication Skills/ Experiential Learning/ Teacher as a Counselor /Class Management / Theme Teaching/ Making Teaching Aids/ Positive disciplining/ Rapport with students/ Team Building
- **Campus to Corporate**—Mock interviews/ Resume Writing/ Group Discussions/ Soft Skills