dr. deepti mankad

*mindspeak*

Professional Development Trainer

And Consultant

| Sr. No | Work Description |  |
| --- | --- | --- |
|  | Own a proprietorship firm MINDSPEAK which aims at capacity building for future. Have obtained a **Doctorate in Multiple Intelligence {Ph.D} – Educational Psychology, from the University of Mumbai. Gold Medalist** in Masters of Education from **University of Mumbai.** |  |
|  | Appointed **Director** for **MERUS Engineering India Pvt Ltd. 2018** which deals with water treatments and cyber security. |  |
| 1.
 | Appointed as the **Regional (India) Coordinator for Wellness at Sea Program** by **Sailors’ Society in 2017.** |  |
|  | Awarded **Glass Ceiling Awards** for exemplary contribution in the field of **Maritime Life Coaching** in **2021** at Chennai.  |  |
|  | Awarded **Kashti Bhushan** for exemplary contribution in the field of **Maritime Life Coaching** at the **Kashti Awards 2019** at New Delhi in the presence of Union **Minister of Shipping Shri Mansukhbhai Mandaviya.** |  |
|  | Awarded **Young Woman Achiever Award** by the **Help Yourself Foundation** in **2019.**  |  |
|  | Awarded **Star Woman of the Year 2018** at the **Samundra Manthan Awards 2018.**  |  |
|  | Editorial Advisor of **International Journal of Action Research ISSN. RIZVI** |  |
|  | Have been trained and certified as a **Maritime Crew Resource Management [MCRM] Trainer from CAE [UK]** August 2019**.** |  |
|  | Have started an initiative on **Mental Health Awareness Workshops** for educating and empowering people above the different types of mental health problems and how to identify the basic signs.  |  |
|  | Write a monthly column for **Bhandarkar Publications** on **Seafarers Wellness.**  |  |
|  | Conducted a Webinar for **MIT-University Pune** on **Mental Wellness: Moving Beyond Classroom** in October 2020. |  |
|  | Conducted **Mental Well Being** session for the **Marine Pilots of Mumbai** organized by the **Mumbai Port Trust** in July 2020. |  |
|  | Mindspeak conducts online Webinars on **Mental Health, Psychological First Aid, Emotional Intelligence, Social Intelligence, Adversity Quotient, Multiple Intelligences, Resilience, Change Management** and more in series started in April 2020. |  |
|  | Conducted **Mental Health Online** session for **Students of Goa,** organized by the **Rotary Club of Port Vasco De Gama, Goa** in May 2020. |  |
|  | Conducted workshop for **MAERSK TANKERS** On **Handling Next of Kin Communication in Crisis** on 4th February 2020. |  |
|  | Conducting **Wellness at Sea Training, NOK and Psychological First Aid** for Fleet Management India Private Ltd from January 2020. |  |
|  | Conducting **Pscyhological First Aid** training workshop for Senior Officers of **TRISTAR Fleet [Fleet Management]** since December 2019. |  |
|  | Conducted a workshop on **Mental Health Awareness** for **Tomini Shipping** at their **Floating Staff Annual Conference 2019** at Mumbai on 4th December 2019. |  |
|  | Panelist at the **TRISTAR Safety at Sea Conference 2019** for a discussion on **Mental Well Being of Seafarers** at **Dubai.** |  |
|  | Advisory Committee Member for **“Samundra Kshitij” 2019.**   |  |
|  | Conducted a workshop on **EQ is the new IQ.. Realisation and its Acceptance** for **Goodwood Marine Services** at their **Senior Officers Conference** in **2019** at Mumbai. |  |
|  | Conducted a workshop on **Emotional Quotient & Resilience** for **MSI Ship Management Seafarers Conference 2019** at Mumbai. |  |
|  | Conducted a workshop on **Attaining Equilibrium at Workplace** for **MTM Ship Management Officers Conference 2019** at Mumbai. |  |
|  | Conducted a workshop on **Mental Health Awareness** for **MTM Ship Management Seafarers** at their **Annual Conference 2019** at Mumbai. |  |
|  | Key note speaker at a Seminar on **Empowering Women in the Maritime Sector** organized by **SHM Ship Management & WISTA** at Trident, Mumbai.  |  |
|  | Conduct **Mental Health and Sea Board Preparedness Workshop** for **Goodwood Marine Services** as a part of Cadet Induction program. |  |
|  | Invited as a Guest Speaker by **K LINE – Officers Forum 2019 Mumbai** on 9th July 2019 to talk on **Mental and Physical Health of Seafarers.**  |  |
|  | Invited as a Guest Speaker by **Seaspan – Officers Forum 2019 Mumbai** on 9th June 2019 to talk on **Wellness at Sea Program focusing on Mental Health of Seafarers.**  |  |
|  | Behavioral Assessment for **MAERSK TANKERS – LAP-D, ELITE, WILHELMSEN, EPIC GAS, ASP, K-LINE** officers and engineers on Bridge Simulators at **International Maritime Training Institute.** |  |
|  | Conduct one day seminar for **Scorpio Marine Services** on **Mental and Physical Well Being of Seafarers** for Officers, Engineers and Ratings on an ongoing basis since 2019.  |  |
|  | Invited to do a workshop for **Dockendales Officers Conference 2019- Mumbai** on **Empowering Seafarers by Understanding Human Behavior.**  |  |
|  | Have designed the **HELM – Human Element Leadership Management {MCA –UK}** course material for **MMTI** which was audited and is now successfully implemented. |  |
| 1.
 | Released in house publication: magazine **Mariners’ Quest…*the search lies within,*** in July 2018. It is a bi-yearly magazine with the ISBN No. The focus is mainly on the Human Side of Seafarers.  |  |
|  |  Been an Expert Interviewee for the project on **Seafarer Wellbeing that Shell Shipping & Maritime**which commenced in November 2018. Focus on how physical and mental health and wellbeing influences performance and possibly contributes to undesired events. |  |
| 1.
 | Have been trained and certified as a **Psychometric Assessor by Thomas International Management Systems Ltd. {UK} 2018.** |  |
| 1.
 | Have conducted Wellness at Sea Train the Trainer program in Goa and Mumbai where trainees from different companies like **Goodwood Ship Management, WALLEMS, NYK, MMSI, Seaarland, RB British Marine, V.SHIPS, MAERSK Tankers, etc..** underwent training. |  |
|  | Have conducted Wellness at Sea training program for the cadets of **TS Chanakya , Marine Engineering and Research Institute, IMU, Seaspan Cadets, Anglo Eastern Maritime Academy, Scorpio, MSC, Tolani Maritime Institute, MANET,** **Institute of Maritime Studies –Goa,** etc… training over 1000 cadets.  |  |
|  | Conducted the Wellness at Sea training for **Scorpio Ship Management** from 11-13th November 2018 in Mumbai. |  |
|  | Conducted the Wellness at Sea training for **MSC Crewing India** from 15-17th November 2018 in Mumbai. |  |
| 1.
 | Invited as a Guest Speaker by **Seaspan – Officers Forum 2018 Colombo, Sri Lanka** on 16th October 2018 to talk on **Wellness at Sea Program focusing on Mental Health of Seafarers.**  |  |
|  | Invited by **MTM Ship Management** as a Guest Speaker for the **Shell Safety Forum Oct 2018** to talk on Wellness at Sea.  |  |
| 1.
 | Was invited as a panelist by **CMMI –Kochi and Synergestic Solutions** on 6th September 2018 on a discussion on **Mental Health of Seafarers.** |  |
|  | Written and Compiled the **Third Edition** of the book **Prevention of Alcohol and Drugs in the Maritime Sector** which was released in 2018.  |  |
|  | Have been working with **International Maritime Training Center** for conducting behavioral assessment of candidates on **Bridge Simulators.** |  |
| 1.
 | Do behavioral assessment for **MAERSK TANKERS – LAP-D** officers on Bridge Simulators since 2016. |  |
|  | Do behavioral assessment for **EPIC – GAS {Singapore} and K-LINE** for officers of different levels. 2017 onwards |  |
|  | Take lectures at **Ocean Educational and Research Center** for **Chief Engineers Revalidation and Refreshers Course, MEO – Phase I** and **PSSR.** |  |
|  | Take lectures at **Mumbai Maritime Training Institute** for **Masters Revalidation Course, UK Chief Mates** and **HELM Course.**  |  |
| 1.
 | Was invited at the **CMMI Pot Pourrie** 2016 to give a talk on **Psychological Issues with Seafarers and their Families.**  |  |
| 1.
 | Was invited for the monthly **CMMI lecture** in 2017 for the topic **Chronic Responsibility Syndrome.**  |  |
|  | Have written and compiled a book **Prevention of Drugs and Alcohol in the Maritime Sector.** The book has been put onboard by most of the companies. Have also taken awareness workshops for the same.  |  |
|  | Have designed an online module on **Prevention of Drugs for MMSI Ship Management. 2017.** |  |
| 1.
 | Have been called as a resource person by **Seaarland Ship Management in 2017** at their Officers Conference to conduct a workshop on Interpersonal Communication, Emotional Intelligence and Resilience. |  |
| 1.
 | Provide **Counselling** services to **Seafarers** and **their families.** Also have provided guidance and counselling to cadets.  |  |
| 1.
 | Working on a survey in collecting data from **Seafarers’ Wives** in order to design workshops for them.  |  |
|  | Chief Editor of **Mariners Quest Magazine in the Maritime Industry.**  |  |