

SYNOPSIS

A happiness mentor, behavioural trainer, Career and Performance coach with over **16 happy years** of experience in training, mentoring, and coaching. His efforts have aided in the transformation of more than **3,500,000** people, assisting individuals, organisations, and educational institutions through a variety of developmental interventions. A TEDx speaker, certified coach and certified happiness trainer.

@ younus@outlook.com

📞 +91 9945025010

🌐 www.younus.in

🎥 Happily Enriching You



MOHAMMED **YOUNUS**
Happiness Specialist, Skill Enabler and Performance Coach

EXPERTISE

Ambassador of Happiness with essential science-based tools to assist others using positive psychology and the SPIRE model to raise happiness quotient and overall well-being.

Stand-up Motivator who brings in the right blend of motivation and humour as a facilitator, forte in design and delivery of both in-house and out-bound facilitation.

Performance Coach utilising efficient coaching methodologies and tools to assist individuals take charge of their lives by facilitating the formulation of growth plans as well as the development of new skills.

Career Catalyst assisting people in discovering their purpose and meaning in life, envisioning a society that takes joy and derives pride in wishing each individual a happy Monday.

CERTIFICATIONS

Associate Certified Coach - *Coaching Lighthouse*

Integrating coaching competencies to ensure clients are serviced optimally while preserving high coaching standards.

Certified Happiness Trainer - *Happiness Studies Academy*

Equipped with knowledge and tools by world renowned Dr. Tal Ben Shahar to generate happiness on the individual, interpersonal, organizational and national levels.

Dale Carnegie Certified Trainer - *Dale Carnegie India*

Dale Carnegie® Certified Instructors are considered to be among the best in the world.

EXPERIENCE

2017 - INSTITUTE OF SKILLS

Till Date **Founder & Chief Enrichment Officer**

- Empowering comprehensive and holistic development through training, mentoring and coaching.
- Using science-based tools in an integrated model that emphasises both mental and interpersonal well-being to facilitate groups and individuals in their pursuit of happiness.
- Facilitating & interacting with multi-ethnic and culturally diverse audiences for personal and professional development.
- Facilitating experiential learning through engagement activities like activity-based engagement clubs and outbound training.
- Implement performance coaching strategies that boost employee and organisational development.
- Help people who are starting their careers or are stalled in them, find meaningful career paths by helping them identify their Ikigai.

2010 - LEADERS LADDER

2017 **Founder & Chief Trainer**

- Began the entrepreneurial adventure with a vision of nation-building through skill development and stronger integration of skills in education.

FOLLOW ME



LinkedIn:

[linkedin.com/in/mohammedyounus](https://www.linkedin.com/in/mohammedyounus)

SKILLS

TRAINING



COACHING



COMMERCIALISING



TECHNICAL SKILLS



Photoshop



Illustrator



Final Cut Pro

HOBBIES



Reading



Photography



Creation



Fitness



Chess



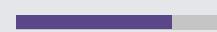
Music

LANGUAGES

ENGLISH



HINDI



URDU



- Programme development based on needs assessment. Worked on a variety of initiatives addressing the needs of businesses and institutions.
- Prepared youth for future workforce challenges by empowering them with the right mix of skills to thrive.
- Liaison with various teams to ascertain their worries, then bring them up with the appropriate department leaders.

2007 - 2009 **IGATE GLOBAL SOLUTIONS LTD** **HR Co-ordinator**

Carried out duties in three HR functions - Training and Development, Employee Relations and Internal Resource Management Group.

2006 - 2007 **AEGIS BPO SERVICES LTD** **HR Executive**

Generalist Role - primarily took care of functions such as Recruitment, Employee Relations, New Joinee Inductions, Training and Development

COACHING PROFICIENCY

Happiness Coaching - Positive psychology and appreciative inquiry based coaching for a happier and meaningful life.

Performance Coaching - Assisting individuals in identifying growth plans for continuous improvement in order to maximise their potential.

TRAINING PROFICIENCY

Design and deliver engaging and successful training sessions on a variety of topics. Below are some frequently delivered programs for Corporate clients

Happiness at Work, Accountability and Ownership, Leading with Impact, Stress Management, High Impact Presentations, Emotional Intelligence, High-Performance Teams, Creativity and Problem Solving, Work-life Balance, Impactful Communication, Assertiveness at Work, Workplace Etiquette, Conflict Management, Managerial Effectiveness, Business Networking, Habits for Success and many more.

ENGAGEMENT PROFICIENCY

Facilitate experiential learning such as Adventure Learning Programs, Leadership, Team building and Problem-solving outbound interventions.

Engagement activities in person and virtual such as Fun at work (Thank god it's today), and Build Happy Centres.

CLIENTELE

Some of the brands I have worked with are Wipro, Western Digital, Schneider Electric, Volvo, KIA motors, Optum, Axis Mutual Funds, Sasken Technologies, Prestige Group, Basket Options, Edge Networks, Dayanand Sagar University, Christ University, Jain University and more.

ADDITIONAL CAREER ACTS

Teaching - Training and Development, Organisational Development and Change Management, Recruitment and Selection, Diversity Equity and Inclusion

Food Blogging - Review and promote world cuisines, passionately promote of small restaurants and passion projects.

EDUCATION

MATS School of Business 2005 - 2007

PGDBM

Specialised in Human Resource, Marketing and International Business

RECOMMENDATIONS

I have known Mr. Younus for around 7 years now & he is one of the most dynamic speakers and trainers I have come across. His trainings on Interpersonal Communication, Leadership, Placement Excellence, Personal Branding, Attitude Building and many more were rated above excellent consistently by our students.

His delivery style is worth mentioning where he conveys his ideas clearly, interestingly, and without distracting the students. He always has his unique way to connect with his audience. His work ethics, and passion for making students skilled, employable, has helped us in placing students in their dream job year on year.

Above all he is an excellent human being, with strong values and a lot of positivity. I am sure he will be an asset to any organization he associates.

Preeti Bhandary

Manager - Placements & Corporate Relations,
Jain University

The main reason for me to have my passion towards training after I took up HR course in Jain University was because of your sessions, they used to always be so interactive, interesting and knowledgeable! I always state you as my reason for having my passion towards training ! The enthusiasm you have towards taking each sessions is unbelievable! I have never seen you dull in any of the class! Not even a single one! It always was filled with fun and joy! You always had our 100% attention!! I feel honoured to have got the opportunity to study under your guidance! Thank you for being so passionate about your work and passing on the knowledge."

Harini Nagraj

HR Officer, Britannia Industries Limited

Visit my [LinkedIn](#) profile for testimonials and more

PERSONAL INFORMATION

Date of Birth 25th July, 1983

Nationality Indian