

ISHA SHUKLA

Student Mindset and performance coach with 5+ years of experience in helping students and competitive exam candidates overcome exam anxiety, build self confidence and stress regulation.

CORE COMPETENCIES

- **Mindset and confidence :**
Building resilience, stress and burnout management.
- **Motivation and habit design :**
Overcoming procrastination, focus optimization
- **Psychological readiness :**
Performance anxiety management, handle fear of failure.
- **Empathetic listener :**
Non judgemental and open communication.
- **Attention to detail :**
Intuitive and in-depth understanding of individual's skills sets and barriers beyond verbal communication.

ACCOLADES

- **Published author - Bhagwat Geeta for adolescent**
Incorporated themes of self-awareness, emotional regulation and resilience for young minds.
- **Reader contributor The Indian Express**
Applied effective communication to express perspectives for easy understanding.

EXECUTIVE SUMMARY

- **UPSC Civil Services Examination Mains Qualified (2020)**
 - ▶ Demonstrated intellectual rigour, resilience and disciplined goal setting.
 - ▶ Familiarity with competitive examination related stress and anxiety.
 - ▶ Cultivated understanding around effective study habits, time-management and practical skills.
- **Post interview counsellor at DRISHTI.**
 - ▶ Counselling UPSC civil services aspirants undergoing interview preparation.
 - ▶ Developed understanding of emotional, motivational and personal challenges faced by the students.
 - ▶ Encouraged self-reflection, composure and clarity for the candidates.
- **Academic mentor**
 - ▶ Developed experience in one-to-one mentoring, student engagement, communication and personalized support.
 - ▶ Encouraged goal setting, self discipline and motivation among the learners.
 - ▶ Developed understanding around psychological, emotional and mental impulses influencing learning outcomes.