



## ARUN NAIR

12 Years | 550 Sessions | 8 STATES

74 Clients | ~12,200 Transformed Lives

650+ INSPIRATIONAL QUOTES & POSTS

6400+ Twitter & Facebook Followers

200,000 Google hits

**MENTOR | LIFE COACH | SUCCESS GURU**

### Contact



Kochi, Kerala



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www.parivartancta.com

### Language

English



Hindi



Malayalam



Tamil



### Expertise

Leadership, Coaching & Mentoring,  
Communication Skills, Team  
Bonding, Emotional Management,  
Time & Stress Management,  
Professionalism, Managerial  
Effectiveness, Building High  
Performance Teams, Train the  
Trainer Coaching

### Accolades

"Arun and team did a phenomenal job in mentoring our employees, grooming them and above all unifying them into a team... His idea to get improvement suggestions from them and helping them implement it has worked wonders."

"One difference I felt with Arun sir is that he is very natural, uses less jargons, keeps it simple and connects well with the trainees. Thank you for your wonderful sessions."

"Best trainer I have ever seen in my life - energy booster, friendly and has lot of patience. Thanks a lot for changing me."

"Arun is a trainer who gets people involved and opens their mind to new possibilities and a greater understanding of themselves."

### TRUSTED BY

The Indian Coast Guard, KPMG  
Bharat Petroleum Corporation Limited,  
Central Industrial Security Force,  
Tata Teleservices, Amity University,  
Cognizant Technology Solutions,  
Tata Consultancy Services,  
Hubbel India, NGA Human Resources  
Olympus, HDFC Life, Vodafone and more

## PROFESSIONAL PROFILE

Born in 1980 in the scenic town of Alleppey in Kerala, famous for its backwaters and snake boat races, Arun had an upbringing across India as his father was a paramilitary officer. By the time he completed schooling, he had shifted seven schools and seven syllabuses in seven states of India. Even though it was difficult for him academically as a student and emotionally as a child, this proved to be a blessing in disguise later when he realised that his younger days had taught him to be extremely adaptable. The background also helped in developing an ability to connect instantly with people, their challenges and to understand them. This upbringing laid the foundation for his future career as a Corporate Mentor and Life Coach.

After completing his graduation in Business Administration and PG in IT & Management, Arun started his career as a corporate executive and rose to the level of corporate trainer with the MNCs America Online and Accenture. During his days as a trainer he understood the need for a corporate training academy that transforms life. It is a sad fact that still education in India is limited to facts, figures and theory. Little importance is being given to life skills, personal grooming and personality development.

This realization led Arun to begin an academy for transforming people's future. An apt name was given – 'Parivartan' – which means transformation in Sanskrit. Parivartan Corporate Training Academy was launched on 15 January 2009 at Kochi, Kerala and has evolved to be a reputed brand in Corporate Training Services pan India. In May 2013, Arun diversified into Individual Coaching Services through Image Parivartan - the Brand and Image Management wing of Parivartan CTA. Apart from being a Corporate Trainer for Parivartan CTA, Arun also dons the role of a Life Coach at Image Parivartan to Corporate Leaders, Celebrities and Emerging CXOs by giving them individual coaching and mentoring to succeed in today's competitive world. Apart from all this various roles at Parivartan CTA, Arun is also in much demand as a motivational speaker for seminars and conferences organized by Corporate/Institutions/Associations across India.

A brain haemorrhage survivor, Arun reclaimed his life with sheer will power and self motivation. With his vision to transform the future of individuals and help them achieve success and happiness, Arun has been instrumental in bringing smiles in the lives of several mentees in whom he finds the motivation to keep moving ahead in his journey of transformation.

## HONOURS & ACHIEVEMENTS

Speaker & Mentor at TiECon 2014

Regularly profiled by leading newspapers and FM stations

Mentored several start up entrepreneurs at TiECon Kerala 2013, 2014 and 2015

Regular speaker and motivator at Institute of Electrical and Electronics Engineers (IEEE)

Motivated & Mentored 250+ individuals as a Life Coach & Mentor

Conceived and spearheaded several Women Empowerment program including India's first Women's Safety portal - Swa-Raksha and Breast Cancer Awareness campaigns

Active with Toastmasters, Rotaract and The Indus Entrepreneurs

Member of Scouts till Dwithiya Sowpan Certificate, with additional achievement of Adventure Award and Leadership Certificate

## ARUN'S USP

### Online Info



/arun.b.nair



/parivartancta

Out of the box Innovation and on the spot improvisation during the training delivery for maximum effectiveness