



Anandam

ANANDAM

MINDSET SOLUTIONS

TRANSFORMING THOUGHTS. TRANSFORMING LIVES.



Our Vision

To transform the way individuals think, act, and grow—professionally and personally—through the power of psychology, communication, and self-awareness.

Our Mission

To deliver impactful mindset-based training programs that help people:

1. Communicate better
2. Lead with empathy
3. Build confidence
4. Master emotional intelligence
5. Create balance in life and work



Founder

About Roli Shukla

- Postgraduate in Psychology | UGC-NET Qualified
- Former University Professor – Psychology & Behavioral Sciences
- Conducted impactful sessions for various Corporates, Government institutes, Defence personnel (Delhi police, CRPF, BSF), MBA Colleges, as well as IAS aspirants.
- Specialist in: Emotional Intelligence, Communication, Leadership Mindset, Self-Development
- Founder – Anandam: Mindset Solutions.
A movement to spread psychological strength & self-awareness.



Co-Founder

About Chandan Mishra

- Former CEO, National Sales & Marketing Head in leading apparel brands.
- 20 + years of corporate leadership in sales, training & strategic growth.

OUR WORK



How We Work

- Tailored sessions built after assessing your team's unique needs.
- Outcome-focused approach: from mindset shift to measurable growth.
- Blend of psychology, corporate insight & practical techniques.
- Interactive formats: roleplays, storytelling, case discussions & real-time feedback.

Who We Work With

- Corporates & Startups : From leadership development to client handling, we support professionals in building high-performing, emotionally intelligent teams.
- Educational Institutions : We prepare students and faculty for the real world through soft skills training, self-development, and Campus to Corporate programs.
- Government & Public Sector : We've conducted impactful sessions with organizations like Delhi Police, CRPF, and BSF focused on stress management, mindset, and confidence.



Roli Shukla's Professional Work

Founder – Anandam Mindset Solutions | Psychologist |
Corporate Trainer | Motivational Speaker | Behavioural Science Expert

- UGC-NET Qualified Postgraduate in Psychology with a strong academic foundation and deep expertise in behavioral sciences.
- Over a decade of experience as a University and Degree college Professor, mentoring students in psychology and human behavior.
- Lead corporate trainer for Luminous Power Technologies, having trained 500+ ABMs, BMs, and mid-level managers on planning, time management, trust-building, and growth mindset.
- Designed and delivered focused behavioral sessions for Delhi Police, CRPF, and BSF, on emotional balance, focus, and self-awareness, personality development, Anger management and Positive Attitude.



- Conducted Motivational, Leadership, Disaster management, Stress management and Spirituality, sessions for CRPF, BSF officers integrating psychology with high-performance mindset.
- Engaged with students of top institutions like MDI Gurugram, Amity Business School, and Sherwood College of Management etc to build future-ready leaders.
- Trained IAS aspirants in professional writing, behavioral aptitude, and psychological clarity for Mains preparation.
- Delivered sessions for Hero Honda, was Psychology Expert Member at Institute Of Hotel Management Lucknow, and other professional institutes on grooming, confidence, and workplace readiness.
- As Founder of Anandam Mindset Solutions, lead a mission to integrate psychology into professional excellence and life transformation.



Chandan Mishra

Professional Work

Key Highlights of Chandan Mishra's Professional Journey :

- 20+ years of dynamic corporate experience in sales, marketing, and leadership roles across national apparel brands.
- Held senior leadership positions like National Sales Head, GM Sales, and Business Head, known for driving business growth and mentoring teams.
- Deep expertise in sales training, business development, and behavioral mentoring, especially for mid-level professionals.
- Focuses on clarity, confidence, ownership, and behavioral excellence in team culture and performance.
- As Co-Founder of Anandam Mindset Solutions, he brings real-world wisdom to mindset-driven learning for professionals.





What We Do At Anandam Mindset Solutions

We specialize in psychology-backed professional development for individuals and organizations. Our training programs are tailored to develop:



Emotional Intelligence
at Work

Time Management &
Focus Rituals



Leadership & People
Skills

Overcoming Fear of
Failure



Growth Mindset &
Speed Execution

Relationship Building &
Trust Culture



Self-Awareness & Work-
Life Harmony

Sales Excellence &
Strategic Thinking



Stress Management

OUR TRAINING EXPERTISE



COMMUNICATION

Soft Skills &
Communication



LEAD

Emotional Intelligence &
Leadership



TEAM

Team Dynamics & Trust
Building



SELL

Sales Enablement &
Client Handling



TIME

Time Management &
Work-Life Balance



GROW

Motivational Talks &
Personality Development



START EARLY

Campus to Corporate
Transition (for students)



Our Core Belief

Transforming Thoughts. Transforming Lives.


We believe that every meaningful change begins with the way we think. Our mission is to empower minds, shift perspectives, and create real growth – both personally and professionally.

Learn More?



LET'S TALK!

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Anandam - Mindset Solutions