


Tripti Sharma

Counselling Psychologist | Corporate Trainer
Relationship Expert | Organizational Psychologist





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Counseling Psychologist & Mental Health Expert

About me

**Founder of Unmasking Minds | Corporate Trainer | Expressive Art
Therapist | Organizational Psychologist | Relationship Expert**

I am a Psychologist and Corporate Trainer with over 9+ years of experience empowering individuals and organizations through mental health interventions, counseling, and capacity-building workshops.

As the Founder of Unmasking Minds, I design and deliver experiential, transformative, and psychologically grounded learning sessions that address stress, work-life balance and relationship well-being. I have successfully collaborated with Top Corporate Clients, delivering impactful Mental health workshops and counseling services.



500+
Corporate
Workshops

9+
Years of
Experience

Corporate Collaboration

Worked with leading Corporate Clients across India, including:

- Wipro
- Barclays
- Boston Scientific
- F5 Networks
- DXC Technology
- Samsung
- 4D Global
- DP World
- Embassy Parks & Oxygen
- ICICI Securities
- Jubilant Foods
- Britannia
- Konica Minolta
- LTI Mindtree
- JSA Law Firm



Hospital Collaboration

Gained Extensive Experience Working with Top hospitals
In Delhi, including:



Workshop Topics like :



- **Stress Management**
- **Mental Health & Resilience**
- **Work-Life Balance**
- **Positive Parenting**
- **The Art of Self love**
- **Sleep Hygiene**
- **The Power of Gratitude**
- **Living in the Present Moment**
- **Women supporting Women**
- **Reclaiming Health for Women**
- **Balanced Mind : Strategies for Everyday Wellness**
- **Meditation for Stress Relief**
- **Positive Body Image**
- **Relationship Balance**
- **Mental Health and Well-being in the Workplace**
- **Role Balancing**
- **Soothe Your Suffocated Mind**
- **Importance of Sleep**
- **Microaggression**
- **Emotional Intelligence for Personal growth**





Unmasking Minds – Founder

Tripti is the Founder of Unmasking Minds, a Mental Health Platform offering a range of counseling services. The platform addresses career challenges, stress, anger management, relationship issues, and more, helping individuals across diverse age groups overcome anxiety, stress, and mental health conditions.



Services Offered



- Corporate Workshops: Tailored workshops on mental health, stress management, and work-life balance.
- One-on-One Counseling: Individualized sessions for career, relationship, and personal development challenges.
- Group Therapy Sessions: Supporting healthy communication and mental well-being within teams.
- Play Therapy & Expressive Art Therapy: Creative therapeutic approaches for emotional healing.
- Hypnotherapy sessions
- Handwriting & Signature Analysis: Certified Graphologist services for personal insights.



Get in Touch

For Corporate collaborations, Mental health Workshops, or Individual Counseling,



unmaskingminds@gmail.com



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For offline & Online Workshop Please Contact