

# SMRITHI C



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<https://github.com/smric>

## SUMMARY

Result-oriented, with a passion for empowering clients through tailored one-on-one coaching, aiding their journey towards holistic growth. Proficient in creating and delivering customized training programs that align with organizational needs. Seeking opportunities to enhance work performance and satisfaction through evidence-backed strategies and innovative initiatives.

## WORK EXPERIENCE

### Wellness Coach, RYT Life

Mar 2024 - Present

- Conduct comprehensive need analysis to identify key employee needs and improvement areas.
- Develop and led tailored strategies and training and development initiatives to enhance overall employee satisfaction and performance.
- Collaborate with leadership to drive a culture of innovation and a thriving culture

### Research Associate - Psychology and Behavior Science, HumanFractal.ai

Mar 2021 - Dec 2022

- Comprehended, collaborated with nutritionists and pharmacologists to customize staff well-being programs to align with the specific needs of employees across various companies.
- Employed data analysis rooted in research to shape content development and guide data-centric decisions in the strategic rollout of new app features

## EDUCATION

### Indian Institute of Psychology and Research, Bengaluru, Karnataka

2019 - 2021

MSc Psychology

### Kristu Jayanti College, Bengaluru, Karnataka

2016 - 2019

BA Psychology, Optional English and Journalism

## PROJECTS

### Dissertation

Apr 2021 - Aug 2021

#### **Title - Influence of Humor on Emotional Intelligence among Emerging Adults**

Research Proposal | Review of literature | Data collection (Google Forms) | Data Cleaning (Excel) | Data Analysis (SPSS) | Interpretation and manuscript writing

### Scale Development

Mar 2020 - Jul 2020

#### **Measure Resilience among Young Adults**

Review of literature | Item Pool | Item Validation | Establish Reliability | EFA with SPSS

## ADDITIONAL INFORMATION

- **Technical Skills:** Data Analysis Tools, Data Visualization, Statistical Analysis and Research Methodologies
- **Soft Skills:** Strategic thinking, Psycho-education, Focus groups, Program design and Facilitation skills
- **Languages:** English, Kannada, Hindi
- **Certifications:** Certification of Clinical Hypnosis, Health Research Fundamentals, Good Clinical Practice, Scientific Writing in Health Research and Google Data Analytics