

# Let's put *tension* on the table.

## Therapist-Led Training in Mental Health, Emotional Intelligence, and DEIB

As mental health professionals we excel at guiding teams through tense and difficult topics - and helping them feel good about it. We translate psychological sciences into skills that create healthy leaders and workplace communities.

### *Get unstuck.*

Barriers to change are rarely due to a lack of information. Rather, we encounter **emotional roadblocks** that keep our teams and organizations stuck. We'll take your team beyond the basics to get at the root of what's causing conflict and stress in your organization.

### *We go slow.*

When conflict and stress show up, we're often moving so fast that it's tempting to reach for quick-fixes. We use our clinical skills to help your team slow down, taking a developmental and systemic approach for personal and **organizational change that lasts.**

### *Collaborative style.*

Emphasizing practical skill development and **interactive engagement**, mutual participation nurtures a cooperative environment and application to real-world scenarios.

### *Small business, big scope*

We launched in 2017 with a dream to bring the best of mental health services to the corporate world. Whether you're a company of ten or ten thousand we work with you to develop **custom training solutions** to suit your organization's needs.

### **Core Competencies**

- Mental Health, Emotional Intelligence, Stress.
- Psychological Safety
- Racial Trauma, Identity Development.
- DEIB Journeys
- Expert Facilitators/Doctorate and Masters Level Practitioners

### **Past Clients**

- Capital One
- Investnet
- Google
- Bic
- Tradewater
- University of Illinois Foundation

# A Letter from our Founder

As a clinical psychologist, my passion is to help people navigate pain and turn it into growth. Many corporate training programs are great at helping us address the symptoms of tension and conflict but rarely get to the root of why we feel and act the way that we do. At Artesian Collaborative we believe that tension, conflict, and discomfort are not merely problems to be solved. They are opportunities that, when used correctly, can transform our organizations, our relationships, and ourselves.

As we work with your team our primary goals are to:

- Help your organization build a culture that supports psychological and emotional health.
- Guide your team through tension and conflict in a way that builds understanding of themselves and others.
- Facilitate interactive and interpersonal workshops that help teams experience positive interactions in the moment that can serve as a model for healthy organizational culture.

We invite you to contact us to begin crafting a custom training journey that meets your organization's needs. We're looking forward to helping you take care of your team.



*Dr. Sunitha Chandy*

Dr. Sunitha Chandy, Founder & CEO

## **NAICS Codes**

621330 - Offices of Mental Health Practitioners  
611430 - Professional and Management Development Training

**UEI Number: NFEBL8V2H1Y5**  
**CAGE Code: 9CYH9**

## **Certifications**

Women Business Enterprise  
Women Small Business  
Minority Business Enterprise  
Illinois Business Enterprise Program  
Illinois Department of Human Rights