

## INTERVIEW



Today's job market is highly vibrant, and training the right person for the right job is the most difficult task presently. Mrs. Sunitha Suresh Menon is a Soft Skills trainer who prepares candidates for jobs in airlines, BPOs, automobile industries and Human Resources department. . As all these jobs demand high public interaction, the appearance, dress code and communication skills need utmost emphasis. She starts preparing the candidates, focusing on their mind and body language, and brushing up their technical skills and making them confident before the interview. On looking back, she seems to be highly satisfied with her achievements in the last three years. She is presently the proprietor of "Sunsmart-Center for Communication skills", Cochin .

**Mrs. Sunitha Suresh Menon , Soft Skills Trainer talks to Sreeni K.R about her role, vision and future aspects of soft skills training.**

### **Exactly what is soft skills training?**

Soft skills training is all about making a prospective candidate understand the relevance of good mannerisms and etiquettes so that he/she can adjust and sustain a job or activity in a multicultural background .Soft skills also involve familiarizing the candidate on how to present and perform effectively in his work or in an interview board so that his/her employability quotient gets a finishing touch in this globalised economy.

### **In which areas is the training applicable?**

Soft skills can be given in any area but it is effective when a candidate joins a work force. It is also very effective during career searching period as well as for job aspirants and to enhance the productivity of employees in an organization.

### **How long have you been working as a trainer? Share your experience?**

I have been working as a trainer for the last 4 years. The influx of new career and global opportunities has opened the doors in all segments of our society. I have worked as an IELTS trainer for paramedics , nurses and also developed interview skills needed for the hospitality industry.

### **You are preparing candidates for Airlines, BPOs, Automobile Industries and HR Jobs. What are the skills required for each job?**

All the above said sectors are public interactive jobs and require candidates with good communication skills, right attitudes as also a lot of emotional intelligence.

### **Today's job market is totally vibrant. What are the qualities an employer looks for in an employee?**

Yes it is highly vibrant. The qualities that an employer would wish to have in an employee is related to the sector where the candidate intends to join.. But apart from an employees technical know-how, the employer additionally looks for candidates with good learning instincts, right attitude, good communication skills and the ability to sustain the job. A well groomed personality is a must in any hospitality industry.

### **Define Personality. Does every job require Personality?**

Since the subject is all about employability it would be fitting to give the definition of personality as the sum total of intelligence quotient and emotional quotient. But immediately all of us have the tendency to correlate to physical appearance as well. This is also very important.

### **Which is more important, personality or knowledge about the job?**

Both are equally important. And if both are well correlated in a person, he/ she stands a greater chance in today's vibrant job field.

### **How do you improve the personality of people ? In which area do you train them?**

Generally the communication side is taken care of. I put them through FAQs, audios, visual presentations and psychometric tests because a lot of competition prevails in the industry. All this helps to improve the personality of a person.

### **How do you build the confidence level in your students?**

Motivating and giving them the right kind of techniques to perform.

### Who is your source of inspiration?

The source of inspiration is my family. And being a family person myself, the need to guide is quite natural.

### Explain your educational background?

I have done my Master's in Counselling and Guidance.

### More Interviews

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- Dr. K.G Paulose- Kalamandalam VC
  - Dr. Ramachandran-Head of the Imageology Division, Regional Cancer Centre [RCC]
  - C.G. Narayanan Namboothiri-the Kathakali Artist
  - Kalamandalam Radhika
  - Advocate Raghunaath K.Rajan -practitioners of Pyra Vaastu
  - Shri Harshan-Executive Director at Federal Bank
  - Mrs. Noeleen Davis
  - Kalamandalam Resmi Girish, Mohiniyattam
  - Mrs.Anita Issac, Food specialist
  - C. Prakash Kumar, Manager, CKM NSS Chalakudy
  - Ahstavaidyan E.T Parameswaran Mooss
  - Pallavi Krishnan -The Enchantress of Mohiniyattam..
  - Jasmine Mathew
  - Dr J Hareendran Nair-Founder & Managing Director, Pankajakasthuri Herbals.
  - Divya Lenoy
  - Dr. Mathew Dominic, ENT physician, Medical Trust hospital, Ernakulam
  - Dr. Susheel Cleatus-Plastic Surgeon
  - Vishakha
  - K.R.Viswambharan, IAS-Vice Chancellor of KAU
  - Rema Suresh
  - Dr T. S. Jaisoorya-Consultant Psychiatrist.
  - Mrs. Sunitha Suresh Menon-Soft Skills Trainer
  - Dr. Neena Shilen-paediatrician
  - Dr. Joseph K. Joseph-Chief Physician & Nephrologist.
  - Dr. Accamma,Homeopathy Medical Expert
  - Mrs. Sangeetha-Floral Designer
  - Dr. Hiran K.R, Assistant Professor, Department of Pathology, Amrita Institute of Medical Sciences and Research Centre, Cochin.
  - Nirmala Panicker -Danseuse and Researcher-Mohiniyattom
  - UdayaKumar- The most talented and promising singers
  - K.K Hareethan Namboodiripad,Kanippayyur Manna
  - Dr.Francis Alapatt,Director,Jubilee Mission Hospital,Thrissur
  - Dr.Gangan Prathap Vice-Chancellor- Cusat.
  - Anita Nair, Writer
  - Dr. M.Vijayalakshmi -Paediatrician.
  - Dr. C.K.Rajan- Scientist ,Climate Change
  - G.S.L.H.V. Prasada Rao, Head of the Department of Agricultural Meteorology, College of Horticulture, Kerala Agricultural University
  - Kavitha Balakrishnan-Writer, Poet, Artist, Art curator and Researcher .
  - Prof (Dr).D.D Namboodiri,Dean College of Fisheries, Kerala Agricultural University, Panangad, Ernakulam.
  - P. P. Babu-President of Meloor panchayat,Chalakudy, Thrissur, Kerala.
  - K.M.Roy-Noted Journalist and versatile Writer
  - George Nedumpara-Writer
  - Dr. P.B Pushpalatha,Associate Professor, Dept of Processing Technology, College of Horticulture, Vellanikkara.
  - B M Sunny, Principal,CMS Higher Secondary School, Thrissur.
  - N.Ramakantan, Director-Kerala Institute of Local Administration (KILA)
  - Fr. Paul Achandy,Director of Amala Cancer Hospital and Research Centre, Thrissur.
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