

KnowMind Universe

We Don't Just Train People. We Change the Way They Think, Lead & Perform.

Leading psychology-powered corporate transformation partner - helping leaders, teams, organizations, and business owners achieve measurable behavioral change that drives real business results.

15+ Years | 30,000+ Professionals Trained | 300+ Organizations | McKinsey · Siemens ·
Daimler · Bosch · Titan · ITC · Ashok Leyland

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THE PROBLEM WE SOLVE

Your People Are Your Biggest Asset. And Your Biggest Challenge.

- ✕ Managers promoted for performance - struggling to lead and inspire teams
- ✕ Talented individuals - but collaboration, trust & accountability break down
- ✕ Training budgets spent annually - behavioral change absent from performance data
- ✕ High-performers burning out silently - root cause unaddressed
- ✕ Business growing - but leadership & culture not scaling with it

These are psychology problems. And they require a partner who understands both behavioral science and corporate performance.

Built on Psychology. Proven in Business.

At KnowMind Universe, we go deeper than most corporate training organizations - because we start where others stop: at the root of human behavior.

Founded by Kaleeswaran K - Psychologist, Behavioral Trainer, and PhD Scholar with 15+ years of experience - KnowMind Universe was built on one belief: sustainable organizational performance begins with understanding people.

We integrate:

Psychological Frameworks

CBT, REBT, NLP, Hypnotherapy, Expressive art therapies approaches

Leadership Models

Situational Leadership, EI frameworks, DISC profiling, 360° assessments

Management Frameworks

McKinsey-aligned structured thinking, competency mapping, psychometrics

Mindfulness Science

Evidence-based mindfulness, resilience frameworks, stress physiology



30,000+

Professionals

300+

Organizations

15+

Years

McKinsey
Siemens · Titan

Clients Include

Why India's Leading Organizations Choose Us



Psychological Depth

Programs designed by a practicing Psychologist - we diagnose behavioral root causes before designing interventions.



Globally Proven Leadership Frameworks

Situational Leadership, McKinsey structured thinking, DISC profiling, competency-based development, and 360° feedback.



East-West Integration

CBT, REBT, NLP, Hypnotherapy + evidence-based mindfulness and applied behavioral science - working at cognitive, emotional & behavioral levels simultaneously.



Measurable Outcomes

Pre-post assessments, EI diagnostics, DISC profiling, 360° feedback, growth dashboards. You invest - you see the data.



Coach + Psychologist in One

Dual expertise as corporate coach and licensed psychologist - addressing performance gaps AND the psychological patterns driving them.



Customized, Not Catalogued

Every engagement starts with diagnostics. Competency gaps, culture dynamics, and leadership challenges mapped before a single module is designed.

Six Practice Areas. One Goal: Measurable Behavioral Change.

01

Leadership Development

From managers to senior leaders - building mindset, skills & psychological depth to lead with impact.

02

Team Building & OBT

Indoor & outbound experiences psychologically designed to build trust, communication & real collaboration.

03

Behavioural Skills Development

Closing the gap between technical ability and professional effectiveness through behavioral competency.

04

Workplace Well-Being

Evidence-based programs addressing burnout, resilience, mindfulness & psychological safety.

05

Employee Engagement

Experiences and systems that create genuine workplace connection, ownership & motivation.

06

Customized Learning Journeys

Tailor-made programs co-created with your HR team, aligned to your competency frameworks & goals.



01 Leadership Development

Building Leaders Who Inspire, Influence & Drive Results

Who This Is For:

- First-time managers transitioning from individual contributor to leader
- Mid-level managers strengthening influence & team management
- Senior leaders building executive presence & strategic capability
- Business owners developing leadership systems for scale

What Participants Gain:

- ✓ Enhanced self-awareness & emotional self-regulation
- ✓ Stronger communication, influence & executive presence
- ✓ Improved decision-making under pressure
- ✓ Effective team management & performance coaching
- ✓ Accountability, ownership & conflict resolution skills

Key Focus Areas:

Self-Leadership · Situational Leadership · Emotional Intelligence · DISC-Based Leadership · Coaching & Feedback · Decision Making · Conflict Management · Change Leadership · High-Performance Teams

Let's Design Your Leadership Journey →

02 - Team Building & Outbound Training (OBT)



Indoor Team Building

- Structured experiential sessions focused on trust, communication & collaboration
- Psychology-backed group dynamics exercises with behavioral debriefs
- Ideal for teams going through change, growth, or performance challenges

Outbound Training (OBT)

- Off-site and outdoor experiential programs for corporate teams
- Adventure-based activities designed to surface real team dynamics
- Debrief-heavy design - every activity connects directly to workplace application
- Available as half-day, full-day, and multi-day formats



What Participants Gain:

- ✓ Stronger trust & psychological safety
- ✓ Improved collaborative problem-solving
- ✓ Greater accountability & team ownership
- ✓ Better communication across roles and levels

[Plan Your Team Experience →](#)

03 - Behavioural Skills Development

Developing the Competencies That Drive Professional Effectiveness

Technical skills get people hired. Behavioral skills determine how far they go. Workplace performance is shaped by how people communicate, manage relationships, handle conflict, and show up under pressure. These competencies are learnable - and when developed systematically, they transform both individual performance and organizational culture.

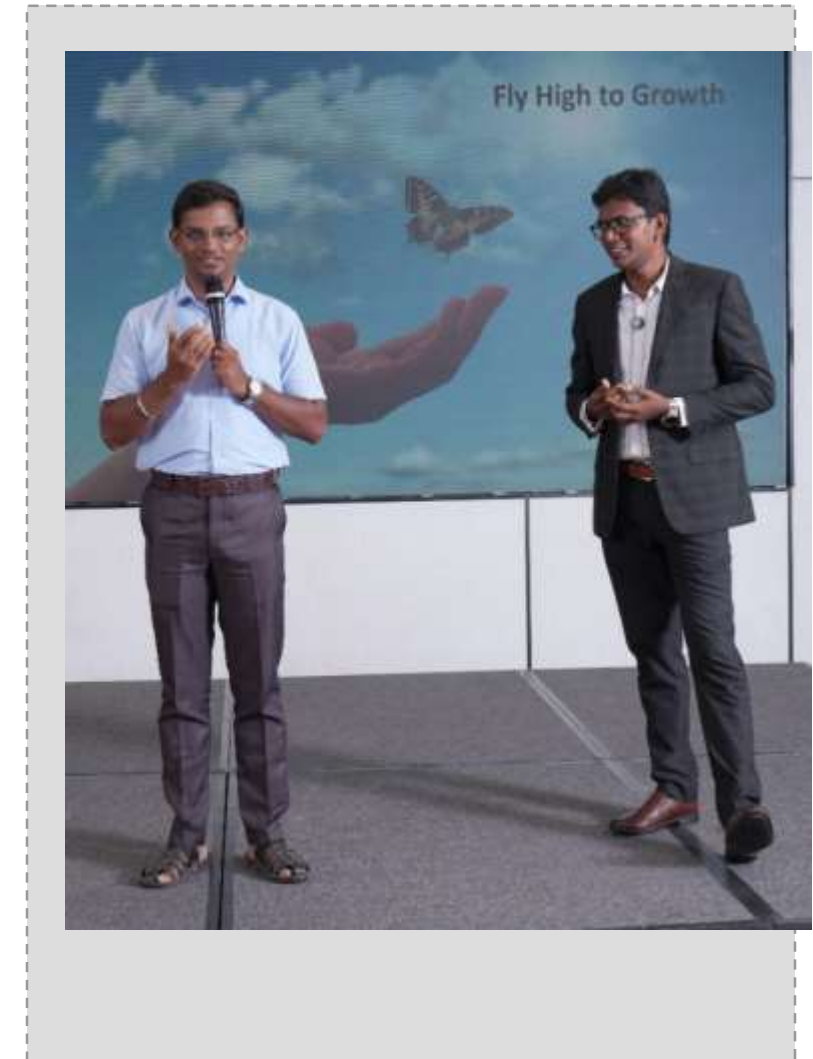
Who This Is For:

- Individual contributors and professionals at all levels
- Sales, customer-facing, and client management teams
- Cross-functional teams with communication or collaboration gaps

What Participants Gain:

- ✓ Clear, confident & influential communication
- ✓ Stronger emotional intelligence & self-regulation
- ✓ Improved interpersonal & relationship management
- ✓ Greater assertiveness and conflict handling skills

Build Your Teams Behavioral Edge →



04 & 05 Workplace Well-Being & Employee Engagement



Workplace Well-Being

Healthy People. Resilient Teams. Sustainable Performance.

Burnout is not a personal failure - it's an organizational signal. Our evidence-based programs go beyond generic wellness to address stress physiology, resilience, and mindfulness at the root.

- ✓ Stress management & physiology tools
- ✓ Emotional resilience under sustained pressure
- ✓ Evidence-based mindfulness
- ✓ Burnout prevention frameworks
- ✓ Psychological safety at work

Build Workplace Resilience →



Employee Engagement

Building Cultures Where People Choose to Perform.

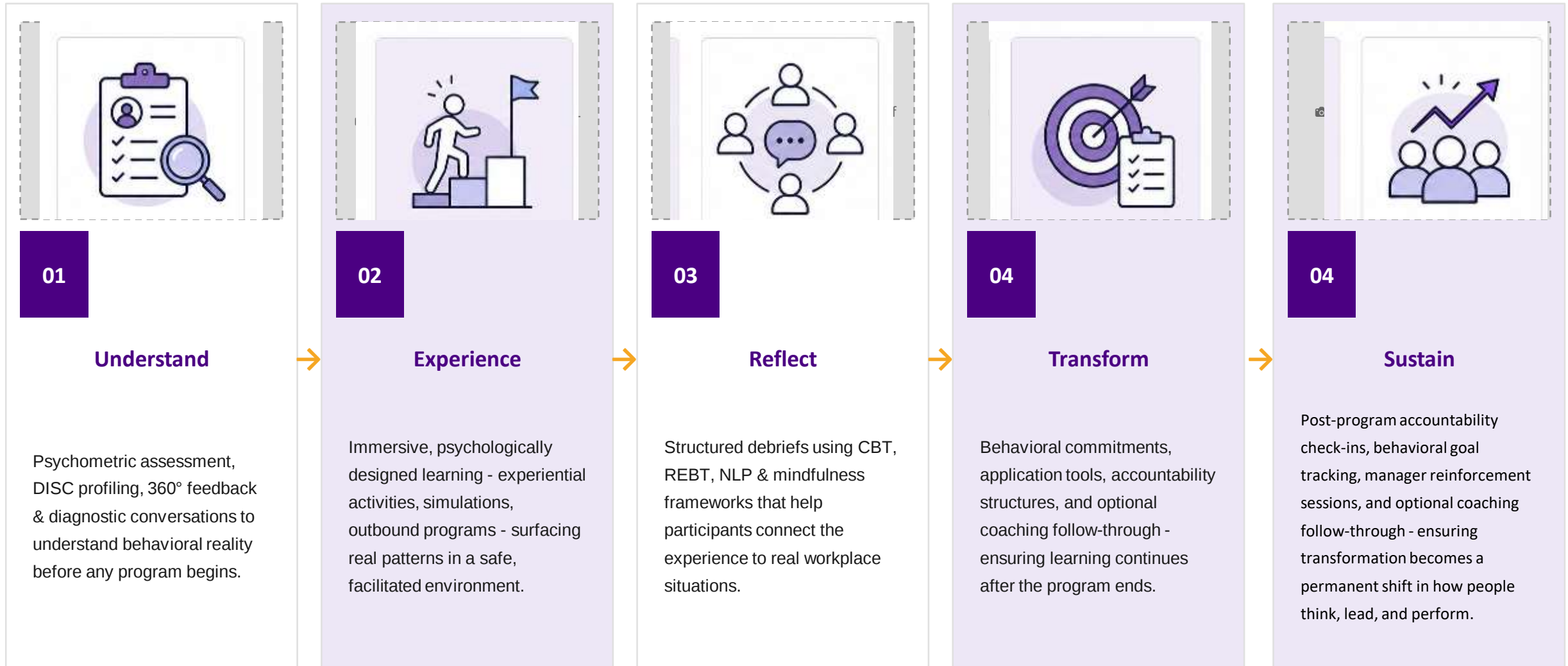
Engagement is not about fun events. It is about whether your people feel seen, connected to purpose, and empowered to contribute. When those conditions exist, performance follows.

- ✓ Higher intrinsic motivation & ownership
- ✓ Stronger team connection & belonging
- ✓ Improved cross-functional collaboration
- ✓ Positive & energized workplace culture
- ✓ Greater alignment with org values & goals

Design an Engagement Experience →

The KnowMind Method: Understand → Experience → Reflect → Transform

Real change doesn't happen through information alone. It happens through experience, insight, and structured application.





KALEESWARAN K

Founder & Director, KnowMind Universe

Psychologist · PhD Scholar · Keynote Speaker

"The more you understand yourself, the better you live and grow in life."

MEET THE FOUNDER

15+ Years Transforming How Organizations Think, Lead & Perform

Kaleeswaran K is a Psychologist, Behavioral Trainer, Counselling Psychologist, and Keynote Speaker with 15+ years of experience transforming how leaders, teams, and organizations think and perform.

He holds dual Master's degrees in Psychology and is a PhD Scholar in Psychological Sciences - with specialized training spanning psychology, organizational behavior, NLP, Hypnotherapy, REBT, and evidence-based mindfulness.

His work has taken him into the boardrooms of McKinsey & Company, Siemens Gamesa, Daimler, Bosch, Titan, ITC, and Ashok Leyland - reaching 30,000+ professionals across 300+ organizations in India.

**Dual Master's
in Psychology**

Academic

**PhD Scholar
Psych Sciences**

Research

**15+ Years
Experience**

Practice

**30,000+
Professionals**

Impact

From global MNCs to India's leading conglomerates - across industries, sizes, and cultures.

📷 📷 CLIENT LOGO GRID - Insert logos: McKinsey · Siemens Gamesa · Daimler · TVS Electronics · Renault Nissan · Bosch · FLSmidth · Sathyabama · NIEPMD · TN Police · Greater Chennai Corp · MEPZ · Ashok Leyland · Kasthuribai · Tata Tea · ITC Limited · Amara Raja · Addison · Titan · Kaleesuwari · Sri Krishna Nagai · Suba · Madras School of Social Work · D G Vaishnav College · Easwari Engg College

30,000+

Professionals Trained

300+

Organizations

15+

Years Experience

25+

Industries Served

WHAT OUR CLIENTS SAY



Before this programme, our team worked hard - but mostly in silos. The sessions changed that. We're more aligned, more confident, and we're now going after ₹40 Crores this financial year - and we believe we'll get there. This wasn't just a training programme. It was a shift in how we work together.

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Mr. Chandran

Marketing Team Manager, Amalgamations Repco Limited

📷 Client photo
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WHAT OUR CLIENTS SAY



I used to hold back my views, avoid risk, and let procrastination stall my growth. I had ambition — but lacked the execution discipline to back it.

The sessions shifted that. I developed sharper communication, a growth mindset, and leadership presence. I moved from motivation to disciplined habit-building - and started showing up as the leader my role demanded. Today I carry extended responsibilities, make high-impact decisions, and lead with clarity and focus. The ROI isn't just in my performance - it's in how I drive results every day

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Jeshwanth ·

Vendor Development Manager, William Penn

📷 Client photo
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Ready to Build a High-Performing Organization?

Whether you're an HR leader designing an L&D strategy, a CEO building your leadership pipeline, or a business owner preparing for the next level - let's start with a conversation.

Schedule a Free Discovery Call

Download Company Profile

📞 +91 96884 40032 🌐 kaleeswaran.com ✉️ kalee@knowminduniverse.com,
connect@knowminduniverse.com

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