

Let's talk about the hard stuff.

Therapist-Led DEI & Stress Management Training

As therapists we excel at guiding teams through tense and difficult topics - and helping them feel good about it. We prioritize interaction, providing the support and resources you'll need to navigate tense issues in a way that yields growth.

Get unstuck.

Barriers to change are rarely due to 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, making space for personal and **organizational change that lasts.**

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

- Stress & Emotional Regulation
- Diversity, Equity & Inclusion
- Conflict Resolution
- Relational Group Facilitation

Most Popular Trainings

- Stress in Uncertain Times
- Engaging the Tension of Diversity
- Equipping Relational Leadership

NAICS Codes

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

UEI Number: NFEBL8V2HIY5

CAGE Code: 9CYH9

Selection of Past Clients

- Capital One
- Investnet
- BIC
- Tradewater
- NOAA



Meet our training team.

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 train 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



Dr. Sunitha Chandy PsyD



Ben Durchslag LCSW



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