

## | PROFESSIONAL SUMMARY

**Career Objective** - To work towards creating positive culture through a quest for continuous learning, actively seek opportunity to pursue new challenges. Be self motivated to enhance expertise to contribute significantly to the organization and attain a productive position as a Personality Development Trainer cum Counselor while carving out the niche for personal, professional as well as organizational goals. Committed Counselor possessing a broad range of experience in delivering comprehensive case management programs. Accomplished at fostering meaningful relationships and developing effective short-term and long-term plans to achieve client goals. Currently looking to leverage background and expertise to take next career step as a Personality Development Trainer with a respected organization that rewards diligence and professionalism.

## | WORK HISTORY

### **EMERGE - New Delhi**

New Delhi, India, New Delhi , India • 01/2018 - Current

- Building trust, creating productive and lasting relationships at all levels.
- Helping people achieve specific goals and overcome obstacles for personal growth.
- Conducted training programs at various MNC with regard to workplace etiquette.
- Conducted workshops for group of kids for personality enhancement.
- Counseling students and adults to enhance with personal growth.

## | SKILLS

- Public speaking ability
- Mental Health Support
- Intervention Planning
- Communications Theory
- Daily living activities educator

## | EDUCATION

### **Amity Institute Of Psychology And Allied Sciences**

Noida, UP • 2017

#### **M.A:** Clinical Psychology

- Thesis: Tool Development on Physical Fitness

### **Amity Institute Of Psychology And Allied Sciences**

Noida • 2015

#### **BA (Hons:** Psychology

- Dissertation: Personality Profile of Shopaholic
- Majored in Psychology

### **Unison World School**

Dehradun • 2012

#### **XII:** Science Education

- Member of Literary Club

### **X Unison World School, ISCE**

Dehradun • 2010

### **High School Diploma**

- Grooming workshops for confidence building and skill improvement.
- Lot of one to one interactions with clients to help them overcome any form of barriers.

### **Education Abroad Noida - Counselor**

Noida, UP, India • 01/2018 - 06/2018

- Counseling students regarding education in abroad.
- Face to face discussions with parents.
- Follow-ups with students on regular basis.
- 2017 Primary Research Noida, India.
- Carried research on Physical Fitness by developing a standardized tool.
- The tool is based on APA norms and comprised a sample size of 1500 individuals from all over India.
- Research Experience 2017 Primary Research Noida, India.
- An in-depth research carried out on personality profiling of shopaholics.
- A research paper based on pilot observations written and sent for publication.

### **Shanti Home De-Addiction Centre - Summer intern**

India • 06/2015 - 01/2016

- Performed various therapies on patients.
- Attended sessions and had one to one interaction with patients.
- Learnt to take case histories and MSE.
- Taught relaxation techniques and other therapies.

### **World Brain Centre - summer intern**

New Delhi, India, India • 05/2012 - 01/2012

- Handled patients with a range of psychological issues.
- Gained first hand experience in psychological assessment and diagnosis.
- Personality Traits:.
- Hard working, passionate and focused on outcomes.
- Dedicated and passionate towards learning new things.
- Belief in Time management as it is the key to any

successful propaganda.

- Good team player and extremely collaborative.
- Excellent communication skills both verbal and written.
- Very much Technology friendly.
- Well versed in the procedure of test administration, construction and other aspects of research methodology.
- Ability to mentor and motivate junior team members.
- Knowledge of MS Office (Excel, PowerPoint & Word) and SPSS.