**SUMMARY**

Certified occupational and business psychologist passionate about employee wellbeing and consultancy. Conducted psychological assessments through work experience. Provided career counselling, training and development.

**EDUCATION**

SEPTEMBER 2019 | M.Sc. Occupational & Business Psychology| Kingston University, UK

* Accredited by the British Psychological Society (BPS) and the Health and Care Professions Council (HCPC) and the [Association to Advance Collegiate Schools of Business (AACSB)](https://www.aacsb.edu/)
* Key modules: Career counselling training and development, Leadership, Change and Consultancy, Well-being and work, Psychological Assessment at Work
* Dissertation is a study of emotional exhaustion in the workplace
* As course representative, was trained on effective Leadership, Time management and Microsoft office

september 2016 | B.Sc. Psychology| University of Madras**,** India

* Presented a paper on “a study of health promoting behaviors and awareness of cancer in women college students" at The National Teenage and Young Adult Conference (TYACON), 2018 at The Cancer Institute, India.
* Dissertation was a study of the gender bias of female college students against males, and their awareness of social issues faced by males and knowledge of men’s support groups.
* As course representative, it was a great opportunity to develop effective presentation, team management and interpersonal communication skills.

**WORK EXPERIENCE**

July 2020**| Bright Network Consultancy** |London|

* This program gave me the opportunity the connect with expertise from Accenture, Bain & Company, PwC, Elixirr, Capital One Business and Alpha FMC, where I gained insight into different roles in the consulting industry.
* I also worked on an in depth work sample task for a chocolate and confectionary company that required independent research. It developed my ability to think critically, present and apply research.

OCTOBER 2019 | ENHANCEABLE | London|

* Worked and supported People with physical and learning disabilities through diagnosing, identifying and treating various conditions

november 2019 |THE SOCIAL INNOVATION PROGRAM | London|

* Developed professional skills by creating innovative solutions to the challenges faced by charities and social enterprises across London.
* Collaborated with my team and developed problem solving and presentation skills through dedicated projects under a 6 weeks’ time challenge.
* Actively collaborated with our community partner to developed innovative solutions. A great opportunity to master delivery and receipt of constructive criticism.

January 2018|AISEC – UNITED NATIONS YOUTH PARTNER | India|

* Lead the Women Empowerment project, towards improving the conditions of under-privileged women and children by assisting multiple projects, NGOs and working with people from various countries. A great opportunity to practice effective peer negotiation and resilience skills.
* Developed my Tacit and diplomacy skills while conducting personnel selection, assessment and recruitment of international interns on a continuous basis.
* Actively delivered sales pitches, developed my negotiation skills and influenced new clients to get on board. Gained valuable experience with conflict resolution and mediation.

May 2018 |CADAMBAMS | India|

* Selected to work at one of India’s largest and Premier Psycho-Social Rehabilitation center.
* Actively assisted Doctors, counsellors and residents by performing day-day operations, which included taking a resident’s entire case history study with mental status examinations, shadowing individual counseling sessions, psychological assessments.
* Assisting various group therapies, assisting psychiatric follow ups, admission and discharge procedures.

May 2017 |RAJU HOSPITAL | India |

* Developed and improved problem-solving, detailed analysis and conceptualization skills through patient diagnosis and planning recovery procedures.
* Assisted doctors actively thus being exposed to pharmacology.
* Assisted counsellors by creating presentations using Microsoft office on different contemporary psychiatric topics thus linking theory with implementation and practice.

May 2016 |PSYMED HOSPITAL | India |

* Observed residents and worked with many diagnosis tools while developing presentation skills.
* Actively assisted management in the disciplines of Psychiatry, De-addiction and Neuropsychiatry.

**CERTIFICATIONS**

* Certified by the National Institute of Computer Technology And Computer Education (NICT), India, in Microsoft Office.
* Certified by the British Psychological Society (BPS) in Test User Ability and Occupational Personality.
* Certified by Common Purpose in the Global Leadership Experience, London.
* Certified by IELTS in English Language (score of 8.5)
* Certified by The Sterling School Of Playback Theater, India in Play Back Therapy.

**ACHIEVEMENTS**

* Finalist in Force India’s “One from a Billion” National Go Karting Championship.
* Finalist in Toyota Etios National Level Motorsport Challenge.
* Finalist in the Polaris off Roader ATV Challenge, Chennai, India.