

SHABNAM P. PURI

M.A. in Clinical Psychology | PGDMH | PGDBA-HR
Phone: +91 9891697909 |
Email: mindfulnesswithshabnam@gmail.com
LinkedIn: www.linkedin.com/in/shabnam-p-0087b728



PROFESSIONAL SUMMARY

I am an experienced and empathetic Counselling Psychologist with over 10 years in mental health counseling, emotional wellness, and employee wellbeing. Proven ability to manage teams of 300–350 employees, with hands-on experience in both clinical and corporate settings including customer service and internet-based industries. With a strong foundation in psychotherapy, crisis intervention, and organizational people management. Adept at on-site counseling, mental health diagnostics, and building trust-based relationships to support mental wellbeing at the workplace.

CORE COMPETENCIES

- Clinical & Workplace Counseling
- Employee Wellness Programs
- Emotional Intelligence Training
- People & Team Management
- Text & Video Counseling
- Talent Acquisition & Recruitment
- * Conflict Intervention
- * CBT, DBT, NLP, EFT
- * Psychological Assessment & Testing

PROFESSIONAL EXPERIENCE

Counselling Psychologist & Emotional Wellness Coach (Freelance) July 2020- Present

- Provide online therapy sessions for clients dealing with anxiety, depression, relationship issues, and emotional health.
- Conduct psychological assessments and collaborate with other mental health professionals to develop personalized treatment plans.
- Maintain client records and keep clinical notes in accordance with ethical standards.
- Offer mindfulness-based therapy and emotional intelligence coaching to help individuals navigate personal growth and relationships.

Lady Hardinge Medical College, New Delhi May 2024 - July 2024
Clinical Psychology Trainee

- Applied psychological tests to assess and understand cognitive challenges of patients with mental health disorders.
- Conducted individual, group, and family therapy sessions under supervision.
- Collaborated with healthcare professionals to implement cognitive-behavioral interventions for patients.

Deen Dayal Upadhyay Hospital, New Delhi

Clinical Psychology Trainee

June 2019 - Sept 2019

- Assisted in conducting Mental Status Examinations and psychological assessments.
- Supported therapy sessions and provided psychoeducation to patients and their families.

WEN (Women Entrepreneur Network)

HR Talent Acquisition Consultant

Jan 2018 - Jan 2022

- Managed end-to-end recruitment for mid-level to leadership positions across sectors.
- Conducted psychological assessments during recruitment to ensure candidate-job fitment.
- Developed strategies to attract top talent, including sourcing candidates through multiple channels (LinkedIn, referrals, Job portals).

Shardul Amarchand Mangaldas & Co.

HR Executive

May 2005 - April 2012

- Managed recruitment and employee performance reviews for various departments.
- Coordinated employee induction programs and implemented HR policies.
- Facilitated peer-support and psychological safety programs in high-stress legal environments.
- Liaised with external therapists, doctors, and HR to ensure continuity of care.

Dr. Batra’s Positive Health Clinic

Patient Care Executive

July 2003 - Jan 2005

- Managed patient queries, registrations, and facilitated treatment explanations.
- Collaborated with healthcare professionals for treatment follow-ups and patient care.

SHARP (School Health Annual Report Programme)

Counsellor

July 2002 - June 2003

- Counselling and guiding students about healthcare, emotional intelligence and Mindfulness
- Practice Supervising & coordinating a team of Doctors and Para-medical staff for Health Check-Up programs (Delhi/NCR)
- To assist in arranging outdoor Educational and Wellness programs for students
- Coordinated with school authorities and medical officers for referral and intervention support.

ACADEMIC CREDENTIALS

- M.A. in Clinical Psychology (IGNOU, 2020)
- Post Graduate Diploma in Mental Health (IGNOU, 2024)
- PGDBA in Human Resource Management (Symbiosis, Pune, 2009)

PROFESSIONAL DEVELOPMENT & CERTIFICATIONS

- Advanced Diploma in Computer Science (ISCT, IIS Infotech Ltd)
- Certificate in Italian Language (Jamia Millia Islamia,)
- Certified Emotional Intelligence Coach

PERSONAL DEVELOPMENT

- Continuous learning through workshops, online courses, and self-study to stay updated with the latest developments in mental health and emotional intelligence coaching.
- Regular participation in psychological wellness programs and community outreach to enhance mental health awareness and contribute to the well-being of others.