

Navmi Arora *Counseling Psychologist*

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Profile

With 4 years of professional experience, I excel at conducting and interpreting detailed psychometric assessments, report making, psychotherapy, corporate training, employee relationship management and counseling. I've worked in diverse roles as mentioned below. Hence, I understand that Psychology plays a major role in every field and not just in the healthcare sector. It has also helped me gain perspective into my skills and how I can use them to accomplish my organisation's goals. As the lead corporate psychologist at my current company, I've executed multiple roles and provided psychological insight for a more current and market driven platform. My goal is to increase accessibility to psychological services, it's application in different areas of the corporate world and reduce the stigma associated with it in India.

Professional Experience

Lead Corporate Psychologist, Resiliency Program (India) Pvt. Ltd. 04/2022 – present

- Conducting mental health assessments and providing counseling services to clients to build resilience and reduce burnout levels.
- Developing and implementing customized wellness plans for clients based on their individual needs.
- Collaborating with the team to provide supplemental suggestions, mindfulness exercises, and breathing techniques to clients to improve their overall well-being.
- Providing input for presentations that the founders use for lead generation to showcase the organization's services and benefits.
- Conducting workshops/webinars for organizations to educate employees on mental health and wellness topics.
- Contributing to the content on the organization's website to ensure it is informative and helpful to potential clients.
- Staying up-to-date with the latest research and trends in the mental health and wellness industry to provide the most effective services to clients.

Content Writer, GSB Fit 05/2022 – 06/2022

- Proofreading and editing a book on sex education, ensuring accuracy and consistency of language, grammar, and punctuation.
- Designing the book and formulating content to create a visually appealing and engaging publication.
- Translating a book based on a Master Personal Training book into simple Hindi to increase accessibility for a wider audience.
- Recording psychoeducation sessions for trainers online, utilizing strong communication skills and knowledge of psychoeducation techniques.

Associate Psychologist, Wee Care Clinic 08/2019 – 06/2022

- Performing detailed and varied psychometric assessments to evaluate clients' symptoms and plan their course of treatment.
- Developing detailed reports based on the evaluation to track clients' progress over time.
- Providing counseling using psychotherapies such as Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Eclectic Therapy, Mindfulness techniques, and Person-centred therapy.
- Specializing in counseling young adults and adolescents to address their unique mental health needs.
- Psycho-educating parents of children with ADHD/ASD/ADD/Learning Disorders on appropriate interventions and support strategies.
- Conducting tele-counseling sessions to provide mental health support during the Covid pandemic.
- Devising marketing techniques for the clinic through online and offline channels and create content for the website and social media platforms.
- Conducting webinars and workshops for schools and young adults to increase awareness of mental health issues and promote mental wellness.

Market Research Analyst & Recruitment Consultant, HappiMynd

03/2022 – 04/2022

- Identifying, screening, and recruiting qualified candidates for open positions.
- Scheduling interviews and facilitating the onboarding process for new hires.
- Conducting product-related market research to achieve assigned targets.
- Conducting webinars for market research and onboarding new clients to our services.

Project Coordinator, Epi1 Care

12/2021 – 01/2022

- Market research and Landscaping including detailed current landscape report for the space on existing structures, types, training material, methods, etc.
- Product analysis
- Customer research - detailed customer outreach and survey report along with detailed customer report including experience, expectation, pain points etc. with detailed analysis.
- Product development including modules, training material & protocols formation.
- Messaging for outreach and best outreach channels with feedback loop including design and implementation protocols
- Initial logistical support

Content Writer & Researcher, HappiMynd

02/2021 – 07/2021

- Conduct in-depth research on mental health topics and write high-quality content for the organization's website, social media, and other marketing materials.
- Collaborate with the team to create compelling content that engages the organization's target audience and supports its mission.
- Use SEO techniques and keyword research to optimize content for search engines and increase online visibility.

Consultant Psychologist and UX Designer,

03/2020 – 05/2020

Pucho Technology Information Pvt. Ltd.

- Developed a secure and anonymous mental health platform for employees and the general public to share their mental health-related issues during Covid-19, including creating psychological interventions and connecting users with mental health professionals.
- Collaborate with cross-functional teams to develop and implement user-centered design solutions that meet business goals and user needs.
- Create wireframes, prototypes, and high-fidelity mockups to effectively communicate design concepts and user interactions.

Recruitment Specialist, Recruitment Cell

06/2019 – 08/2019

- Sourcing and screening candidates for Financial Services Consulting / BFSI vertical, using various methods including headhunting, interviewing and reference checking.
- Evaluating candidates by discussing job requirements and qualifications with clients, conducting consistent and thorough interviews in person or over the phone.
- Accomplishing human resources and organization goals by completing related tasks and achieving results as needed.
- Managing teams and handling client relationships based on relevant experience, ensuring smooth communication and alignment with organization plans and objectives.

Human Resources Trainee, XF Training

07/2018 – 09/2018


- Assisting in recruitment and hiring processes by posting job openings, reviewing resumes, and scheduling interviews.
- Assisting with onboarding and orientation for new hires, including setting up new employee profiles, conducting orientation sessions, and providing initial training.
- Assisting with HR-related administrative tasks, such as maintaining employee records, generating reports, and responding to employee inquiries.

UX Designer, People Matrix

06/2017 – 07/2017

- Collaborating with cross-functional teams, including product managers, engineers, and designers, to define and execute user-centered designs.
- Conducting user research to inform design decisions and improve the overall user experience.
- Creating wireframes, prototypes, and high-fidelity designs to effectively communicate design concepts and solutions to stakeholders.

Education

Post-Graduate Diploma in Guidance & Counseling, <i>Jamia Milia Islamia</i>	03/2023 – present
MSc Clinical Psychology, <i>Manipal University Jaipur</i>	05/2020 – 05/2022
Psychological First Aid, <i>The Johns Hopkins University</i>	10/2022 – 11/2022
UX/UI Design, <i>ImaginXP</i>	2018 – 2019
BA (hons) Applied Psychology, <i>University of Delhi</i>	05/2016 – 05/2019
CBT Coach Practitioner Certification (ACCREDITED), <i>Udemy</i> 	06/2023

Research Writing Experience

Papers Presented at International Conference

- Paper presented on Psycho-social Setbacks Among Aged People in the 3rd INTERNATIONAL & 5th INDIAN PSYCHOLOGICAL SCIENCE CONGRESS organised by Department of Psychology, P.G. Government College, Chandigarh, 28th-30th September, 2016.
- Paper presented on Impact of Religion on Religiosity and the Belief in Superstition in 4th INTERNATIONAL & 6th INDIAN PSYCHOLOGICAL SCIENCE CONGRESS organised by Department of Psychology, P.G. Government College, Chandigarh, 18th-20th September, 2017.

Thesis & Review research papers written as part of course curriculum:

- Effects of Religious Fundamentalism, Spirituality on Value Orientation: A psychosocial study (2019).
- Impact of Social Media on Body Dissatisfaction: A Review of Literature (2021).
- Body Image Dissatisfaction: Exploring the psychological Correlates of the social pandemic (2022).

Peer-Reviewed Book

- Women Entrepreneurship and the Road to Success: A Review (2023); in the book "Futuristic Technology Perspectives on Entrepreneurship and Sustainable Innovation" published by **IGI Global**.

Internships

Clinical Psychology Intern, <i>Basilmind</i>	07/2021 – 08/2021
Clinical Psychology Intern, <i>Fortis Healthcare & Sukoon Health</i>	07/2020 – 08/2020
Internship in Special Education, <i>Department of Mental Health and Behavioural Sciences, Fortis Healthcare</i>	08/2020 – 09/2020
Clinical Psychology Intern, <i>Wee Care Clinic</i>	06/2018 – 08/2018
Digital Marketing Intern, <i>Snippt Media Pvt. Ltd.</i>	08/2016 – 09/2016
Content Writer, <i>NewsGram</i>	07/2016 – 09/2016

Volunteering

Support Group Co-facilitator, <i>Global Shapers Community Dusseldorf</i> For Project Vasudhaiva Kutumbakam, a pro bono initiative from Global Shapers Dusseldorf to promote emotional well-being and mental health awareness among people, co-facilitating support group sessions and creating a safe spaces in providing support to people in India affected by the second wave of Covid-19 or who need mental health help in general.	06/2021 – 12/2021
UX/UI Designer, <i>Tongue Your Mind</i> Worked on the designs of the website when it was in the initial stage of releasing.	09/2018 – 10/2018

Spoke with the senior citizens with special needs at the NGO for a research article and provided them with psychological resources.