

Nanki Monga

CONTACT

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SOFT SKILLS

- Teamwork
- Cultural Sensitivity
- Effective communication
- Active Listening
- Problem-solving
- Decision making
- Adaptability
- Time management
- Interpersonal skills

LANGUAGE

English – Fluent

Hindi – Native

SUMMARY

Dedicated Mental Health Counsellor with over five years of experience in supporting children and adolescents. Holding advanced degrees in psychology and health care leadership, I provide in-person and remote counselling, specializing in working with underprivileged youth and those facing mental health challenges. Currently a volunteer counsellor and active member of the British Psychological Society, I am committed to promoting mental well-being and excellence in psychological care.

PROFESSIONAL SKILLS

- Psychological counseling for children and adolescents
- Mental health counselling
- Administrative support in healthcare settings
- Conducting psychometric assessments
- Working with children with developmental disabilities

WORK EXPERIENCE

Dec. 2022 – Present

Clinical Counsellor | Udaan Education Trust Fund, India

- Volunteered as a clinical counselor, working with children aged 5 to 17 from underprivileged backgrounds suffering from anxiety, depression, and other mental health disorders.

Jun. 2021 – Present

Mental Health Counsellor | Psychology Today (Remote)

- Providing mental health counseling services.
- Clients book appointments through the website and choose their preferred mode of communication: text, call, or video appointment.

Mar. 2022 – Jun. 2022

Administrative Assistant | Globe Locums, United Kingdom

- Worked at the National Health Association.
- Responsibilities included answering phones, creating daily reports, taking and delivering messages, writing memos, making copies, faxing documents, and greeting visitors.
- Collaborated closely with the Unit Manager and colleagues to ensure the timely completion of administrative tasks.

Jun. 2020 – Jun. 2022

Health Care Assistant | WE Solutions Nursing Recruitment, United Kingdom

- Worked at Prenetics, placed at the Disney Production site as a healthcare assistant during the COVID-19 pandemic. Responsibilities included screening and testing staff members for COVID-19.

Health Care Assistant | Heathrow Airport, Oats Recruitment, United Kingdom

- Served as a healthcare assistant in the collision department at Heathrow Airport. Duties involved screening and testing customers for COVID-19 before boarding flights.

ACADEMICS

Sept. 2019 – Sept. 2020

M.Sc. in Mental Health & Clinical Psychology

London South Bank University, United Kingdom

May 2021 – May 2022

M.Sc. in Health Care & Leadership

BPP University, United Kingdom

Aug. 2014 – Aug. 2016

Master's in General Psychology

LPU (Lovely Professional University), India

Aug. 2010 – Aug. 2014

Bachelor's of Arts in Applied Psychology

University of Delhi, India

INTERNSHIPS

Mar. 2019 – Apr. 2019

Student Intern | Krishav Arcade

- Internee at a psychiatric clinic under Dr. Gupta.
- Responsibilities included conducting psychometric tests, observing, monitoring, and discussing patients with various psychiatric conditions under the guidance of clinical psychologists.

Jan. 2017 – Dec. 2018

Student Intern | Ambika Special School

- Worked as a counselor under the supervision of clinical psychologists. Responsibilities involved working with children diagnosed with developmental disabilities and other psychological ailments.

MEMBERSHIP

- Member of the **British Psychological Society** since July 2021.
 - Member of **Association of Allied Health Professionals** (AAHP) since February 2024.
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