



Mehwish Tariq

Human Resource Executive

mehwishtariqmehmood@gmail.com

03367985890

Canal Road, Lahore, Pakistan

linkedin.com/in/mehwish-tariq-6b730725a

EDUCATION

- MS-Human Resource Management (HRM)**
Institute of Administrative Sciences, University of the Punjab, Lahore.
2022 - Present 3.50 CGPA
 - Courses**
 - Talent Management, Performance Management, Strategic HR, Training and Development, Compensation and Reward, Research, and Contemporary Issues in HRM.
- BS-Applied Psychology**
Institute of Applied Psychology, University of the Punjab, Lahore.
2014 - 2019 3.50 CGPA

WORK EXPERIENCE

- Content Creation**
YouTube
2020 - Present
Mental Health Awareness Channel "Mindful Mehwish"
- Research**
Freelancer.com
2016 - Present
- Start-Up**
Hayya Modest Clothing Online Store
2020 - 2023
Team Lead, Social Media Manager, Content Creation

SKILLS

- Research
- Counseling
- MS Office
- SPSS
- Asana
- Interpersonal Communication
- Networking
- Leadership
- Event Managing
- Attention to Detail
- Time Management

PERSONAL PROJECTS

Ongoing Research Projects

- Qualitative Research on "Menstrual Leave Policy in Pakistan's Corporate Sector".
- Mixed Method Research on "Exploring The Impact of Gender Differences between Leadership Styles, Personality Traits, Organizational Citizenship behavior and Workplace Incivility in Pakistan's Health Sector"
- Consultancy Project

Research Projects

- Case Studies on "NetSol Technologies and Pakistan Institute of Living and Learning (PILL)"
- Mixed Method Research on "Compulsory Citizenship behavior, Person Organization fit, Job Satisfaction and Work-Life Balance in Pakistan's IT Sector."

LANGUAGES

| | |
|---|---|
| English | Turkish |
| <i>Professional Working Proficiency</i> | <i>Limited Working Proficiency</i> |
| Urdu | Punjabi |
| <i>Native or Bilingual Proficiency</i> | <i>Professional Working Proficiency</i> |

INTERESTS

- Content Creation
- Psychology
- History
- Interest