

ANKUR SHARMA

School Counsellor | Cognitive Behavioral Therapist | Hypnotherapy Level 1

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PROFESSIONAL SUMMARY

Passionate Mental Wellness Specialist with a Master's degree in Clinical Psychology, eager to apply knowledge and learnings from research projects to contribute to impactful wellness programs. Dedicated to enhancing mental well-being in academic and corporate settings, utilizing a blend of counseling skills and market research.

SKILLS SUMMARY

Skill Set		
<ul style="list-style-type: none">• Diagnosis out of symptoms• Grievance expertise• Attentive listening• Phone counselling	<ul style="list-style-type: none">• 1 to 1 counselling• Strong interpersonal skill• Exceptional communication and presentation skills• Event management	<ul style="list-style-type: none">• Content creation• Workshop facilitation• Empathetic• In-person counselling

WORK EXPERIENCE (7 M)

Ambuja Public School (Beawer) – School Counsellor & Psychology Educator

June'23 – Present

- Guided students through personal and academic challenges by providing counseling services.
- Crafted and delivered engaging psychology lessons as a Psychology Post Graduate Teacher (PGT).
- Conducted workshops on stress management, emotional intelligence, and effective communication. Collaborated with educators and staff to address students' mental health and academic needs.
- Customized assistance plans through individual student assessments, tailoring support to meet unique needs.
- Established a secure and confidential space for students seeking guidance.
- Acted as a liaison between students, parents, and school management to facilitate effective communication.

Solh Wellness Private Limited (Delhi) – Full-time intern

Dec 2022 – Mar 2023

- Collaborated effectively with team members to develop and deliver an effective mobile mental health solution
- Orchestrated seamless and successful events that made a lasting impression on attendees
- Created engaging and informative blog post content and effectively marketed apps through various social media channels
- Developed and presented compelling content for college and school workshops, showcasing outstanding communication and presentation skills
- Administered comprehensive tests for apps.
- Offered valuable insights and guidance to individuals to help them overcome mental health challenge

Institute of Human Behavior and Allied Sciences (Delhi)- Intern

May 2019 – June 2019

- Conducted patient observations and documented their treatment progress.
- Compiled comprehensive case histories by engaging in detailed interviews and assessments.
- Participated in outpatient department (OPD) activities, engaging in meaningful conversations with patients to understand their psychological needs.
- Analyzed and studied case histories, specifically focusing on individuals involved in criminal cases. • Contributed to occupational therapy sessions, actively participating in therapeutic interventions.

Wings Of Learning (Delhi) – Intern

June 2018 – June 2018

- Collaborated in implementing occupational therapy interventions to support individuals in enhancing their daily functioning.
- Conducted in-depth analyses of case histories, with a specific focus on individuals involved in legal matters.
- Engaged in observations of children with special abilities and disorders, gaining valuable insights into their unique needs.
- Observed and participated in speech and occupational therapy sessions, gaining hands-on experience in therapeutic techniques.
- Conducted comprehensive case history assessments to better understand and address individualized client needs.
- Provided supervision and support to children during various activities, ensuring a safe and enriching environment.

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Work Achievements

- Established a secure and confidential space for students seeking guidance.
- Acted as a liaison between students, parents, and school management to facilitate effective communication.
- Played a pivotal role in fostering an inclusive school culture, encouraging open dialogue about psychological challenges
- Recognized for initiating a student support program, resulting in improved student retention and enhanced mental well-being.

EDUCATION

2022	M.A. Clinical Psychology	Mohanlal Sukhadia University, Udaipur	81.8
2020	B.A.(Hons.) Applied Psychology	Amity University, Noida	71.2

CERTIFICATIONS AND INTERESTS

Certifications	<ul style="list-style-type: none">HypnotherapyConative behavioral TherapyRational emotive behavioral TherapyReality Therapy	2023 2023
Interests / Hobbies	<ul style="list-style-type: none">Passionate about Socially engaging, Public Speaking & Reading	