



NIHARIKA  
GUPTA

## PROFILE

I am a multifaceted professional who seamlessly combines expertise in Hospitality management, along with product development and marketing with content creation and development.

Along with these skills and work experiences, I have been very much into Psychotherapy and have been certified to grow in the field as a psychotherapist counselor with the help of the vast learnings in different therapies and to help people heal.

With a strong educational foundation and a demonstrated ability to thrive in diverse roles, I bring forth a proactive approach to problem-solving, a keen eye for detail, and a strong commitment to achieving optimal results in every endeavor.

I am driven by a passion for continuous learning and leveraging my skills to help in sharing my contribution to meaningful organizational growth and individual well-being.

## CONTACT

### PHONE:

8481975206

### EMAIL:

ngupta2996@gmail.com

## HOBBIES

- Reading meaningful books
- Getting enrolled into skilled courses
- Listening to essential podcasts
- Working and helping in NGO
- Spiritual growth learnings

## EDUCATION

- **Higher secondary: Aditya Academy Senior Secondary School (2015)- 70%**
- **Bachelors in Hospitality Management (BHM): SBIHM school of hospitality management (2020)- Grade 9.**
- **PG Diploma in Psychotherapy Counsellor- CSS Chennai (2019)**
- **MSC. In Clinical Psychology (2024)- Sunrise University- Rajasthan, Alwar.**

## WORK EXPERIENCE

- **HR/Front Office trainee (2018-2019) in -The Westin Kolkata**
- **Product Manager Trainee in BYJU'S (2020-2021)**
- **Content writer (2022-2023) in -Assigned (Pvt)**
- **Psychotherapist counsellor Trainee (2017-2018)**
- **Psychotherapist counsellor (2018 onwards)**
- **Psychotherapy Counsellor in Jindal Rajasthan (2018-2024)**
- **Voluntary Psychotherapist council Psychotherapist counsellor (2018 onwards till at present)**
- **Psychotherapist counselling for various different companies in the online mediums of apps and social media done as a freelancing project's done side by side (2018 onwards till at present).**
- **Train the Trainer program – Motivational Speaker**

## SKILLS

- **Project Management**
- **Efficient and hard working**
- **Strong decision-making power**
- **Complex problem solving**
- **MS Word and computer programming Knowledge**

### Psychotherapy Counsellor Skills:

- **I deal with clients/ Patients with problems related to Panic attacks, Anxiety, relationship problems, Family problems, personality developments, Trauma, Suicidal tendencies, Self-care, Body image, and self-conscious problems. Along with this, I have expertise in career guidance and also with jobs and cooperate pressure/Work life imbalances pressures.**
- **Therapies I mainly use while conducting my sessions:**
  1. **ACT (Acceptance & Commitment Therapy)**
  2. **CBT (Cognitive Behavioral Therapy)**
  3. **DBT (Dialectical behavior therapy)**
  4. **SBT (Solution focused brief therapy)**
  5. **TF (Trauma Focused)**
- **Motivational Speaker, Public Speaking in various private organizations, schools, colleges, universities, cooperate offices and in big business associations.**

- **Life coach**

**Along with my excellent presence of mind and my years of experience help clients to calm down and get their problems solved in an ease and comforting environment.**

**My excellent reviews of my earlier clients have made me build up more confidence on my sessions.**

---