

NURLATIFAH BINTI ABDUL RAHIM @ HALMI



Bachelor of Counseling with Honor

**Universiti Malaysia Sarawak,
94300 Kota Samarahan Sarawak**

014-3734345 | eyfaarahim@yahoo.com | KB 07036 (Registered Counselor)

What I expect for my career? To make the most of my potential and discover new horizons

What company can expect from me? I have specialty in leadership, management and counselling skills based on my track record. I am determined to utilize my skills and always prepare myself to provide the best service

EDUCATION BACKGROUND



**Universiti
Malaysia
Sarawak**

2012-2016

Bachelor of
Counseling
(Hons)
CGPA: 3.82



**Labuan
Matriculation
College**

2011-2012

Life
Science Stream
CGPA: 3.63
MUET: Band 3



**SMK
Agama
Sibu**

2006-2010

Science
Stream
SPM: 6A's 4B's
PMR: 9A's

INTERNATIONAL EXPOSURES

OCTOBER 2014

Participated in 1st Malaysian
Counselling Conference for 2 days 1
night program



2013

Attended Workshop on Music
Therapy
(Speaker: Prof Joseph Moreno –
United Kingdom)



OUTSTANDING AWARDS



**Dean List Award for
SEVEN consecutive
semesters**

Best Student of Counselling Program, 14th Nov 2016.
Award presented by the Dean of Faculty of Cognitive
Sciences and Human Development



Won **Best Poster
Presenter** in Sarawak
Peers Colloquium (2015),
12th May 2015. A picture of
mine with my Final Year
Project supervisor



PERKAMA International
Excellent Award in
1st Malaysian International
Counselling Conference
(2014), 30th October 2014

LEADERSHIP EXPERIENCES

MAY 2015

Sarawak Peers Colloquium

Role: Head of Secretariat

Description: Organized documents,
called for participants, managed
certificates of participants and handled
meeting minutes

Achievements: Attendance of
participants hit 90%



OCTOBER 2014

1st Malaysian International
Counselling Conference

Role: Co-Secretariat

Description: Planned, Organized,
Lead and Evaluated on secretarial
parts of the conference.



2012

Silat Tari Club (Co-curriculum)

Role: Vice President

Achievement: Assisted the training
for Hari Kokurikulum performance



NON-BONDED AND COMMITTED

ORGANIZATIONAL EXPOSURE

Became a counselor trainee at Employee Support Division of State Human Resource Unit, Chief Minister Department Sarawak
Fulfilled 192 credit hours of face to face counselling session
Guided in implementation of 6 shared values (a new organization culture)
22nd Feb 2016 – 25th June 2016



Facilitator/Group Leader

SCS-ESP Self Value Excellence Programme

Secretariat

Financial Wellness Programme

Facilitator

Program Community of Practice (CoP) Perkhidmatan Awam Negeri Sarawak ke Peryatim

Group leader

Group counseling at Jabatan Ketua Menteri Sarawak

Career counselor (trainee)

Conducted career profiling at ICATS West Campus and Pusat Pembangunan Kemahiran Sarawak

Secretariat

Health Awareness Programme

Volunteer

Corporate Social Responsibility di Rumah Amal Nur Murni

Speaker

Self-Management Programme PPKS

Speaker

Personality Plus Programme



SKILLS

COMPUTER SKILLS



LANGUAGE SKILLS

- Fluent in spoken and written Bahasa Malaysia
- Intermediate level in spoken and written English language
- Beginner level in spoken Arabic language but intermediate level for written Arabic language
- Beginner level in spoken and written Iban language

REFERENCES

1. Dr Jamayah Saili
Head of Counselling Department/
Academic Supervisor
sjamayah@unimas.my
(082-582813)

2. Mr Merikan bin Aren
Final Year Project Supervisor
amerikan@unimas.my
(082-584161)

3. Mr Rizindy bin Nawawi
Head of Employee Support Division/
Supervisor
riziandyn@sarawak.gov.my
(082-441895)

COUNSELLING EXPERIENCES

Volunteer

Psycho-emotional Crisis Intervention for Flood Victims's Family

Facilitator

Program Pengurusan Tekanan with IPD Kuching

Facilitator

Kem Kepimpinan Pengawas

Motivator

Program Pecutan Akhir UPSR 2015

Group leader

Program Pecutan Akhir Menjana Potensi Diri with IKM students

Group leader

Program No Stress No Guilty IPD Kuching

Facilitator and Module Developer

Kem Kecemerlangan Diri with TCS

Facilitator

I believe I Can Fly Program

Facilitator

Separation Due to Divorce Program

Facilitator

Self Esteem Program at Sekolah Tunas Bakti

Participant

Psychodrama and Expressive Arts Workshop,
Music Therapy Workshop and
Choice Theory Workshop

2015

2014

2013

ACADEMIC PROJECT

FINAL YEAR PROJECT

Coping strategies and quality of life among caregivers of chronic illness patients

FINDINGS

Types Of Coping Strategies

- Problem-focused
- Emotion-focused

Domain of Quality Of Life

- Health and functioning
- Psychological or spiritual
- Social economic
- Family relationship

DESCRIPTION

The study aimed to investigate the coping strategies and quality of life among caregivers of chronic illness patients. As an implication, counselors should be more aware about the types of coping strategies used by the caregivers in order to give them an overview to plan specific intervention for the caregivers

'Supervised by Mr Merikan Aren with A-Grade'

RELATIONSHIP BETWEEN