

# Aakansha Sahay

## Counselor

Address - A/603, Jangid Estate, Mira Road East, Thane

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## Objective

Caring counselor with more than one year of experience in conducting one to one counseling sessions . Proficient in preparing and maintaining detailed session on life skills and guidance. Strong public speaking and NET Qualified in Psychology. Life skills trainer with a year of experience providing a wide variety of individual, group and familial counseling techniques and interventions strategies.

## Skills

- Social skills teacher
- Mentoring
- Strong public speaker
- Individual and group counseling
- Motivational speaking
- Psychosocial Assessment
- Mental Health Evaluations
- Lecturer, Psychology
- Interpersonal skills
- Empathy
- Counseling

## Work History

**Nov 2015 to Jul 2018**

### Software Tester

Tata Consultancy Services, Nagpur, Maharashtra

- Evaluated software for functionality, from and usability.
- Performed load and database testing
- Create accurate and efficient tests scripts to manage automated testing of certain products and features
- Collaborated with developers and product owners to stay current on product features and intended functionality.

**Aug 2018 to Feb 2019**

### Mental Health Counselor and Life Skills Trainer

Self Employed, Nagpur, Maharashtra

- Conducted life skills sessions in schools and mentored students for social skills
- Conducted psychometric tests on clients and recommended necessary interventions.
- Developed goal-oriented psych educational and activity therapy groups to improve student's level of functioning.
- Led educational seminars and lectures at schools to expand awareness of mental health symptoms and issues.
- Applied array of different methodologies to assist clients with therapy.

## Education

**Feb 2017 to Feb 2019**

**Master of Arts:** Counseling Psychology, IGNOU- Nagpur

**Sep 2011 – Sep 2015**

**B.Tech in Civil Engineering,** Orissa Engineering College, Bhubaneswar

## **Accomplishment**

- **NET Qualified in Psychology** with 98.28 percentile in June, 2019.
- Public speaker, Mentor as member of Toastmasters International Club