

Natasha Shahzadi

Psychologist/ HR Professional

A versatile professional blending expertise as an Associate HR Manager and Psychologist, adept at integrating HR strategies with psychological insights to optimize workplace environments. Leveraging a background in HR operations, talent management, and counseling psychology to foster an inclusive, supportive, and high-performing workplace culture. Seeking opportunities to apply my combined skills in employee relations, conflict resolution, talent development, and psychological principles to enhance organizational dynamics, employee well-being, and overall business success. Dedicated to implementing human-centric approaches that nurture both individual growth and organizational excellence.

PROFESSIONAL EXPERIENCE

Associate HR Manager – SOFIT Consultancy

July 2023-Present

- Organize and execute employee engagement activities and events.
- Assist in developing and updating HR policies and procedures.
- Collaborate with managers on performance improvement plans.
- Manage HR databases and maintain employee records.
- Provide administrative assistance as needed.
- Conduct initial screenings and interviews.
- Facilitate the onboarding process for new hires.

Consultant Clinical Psychologist – Maryam Memorial Hospital

Dec 2019- Present

- Conduct thorough psychological assessments to evaluate patients' mental health needs.
- Formulate diagnostic impressions based on assessments and collaborate with the team for treatment planning.
- Provide evidence-based psychological interventions and psychotherapy to individuals or groups.

- Develop and implement treatment plans tailored to patients' specific needs and diagnoses.
- Maintain accurate and confidential patient records, documenting assessment findings, treatment plans, and progress notes.
- Prepare reports and communicate effectively with the healthcare team regarding patients' psychological status and treatment outcomes.
- Educate patients and their families on mental health issues, treatment options, and coping strategies.

Psychology Lecturer – Fazaia Bilquise College of Education for Women PAF Nur Khan Base

March 2022-Feb 2023 - Rawalpindi

- Deliver engaging lectures on various psychology topics to undergraduate or graduate students.
- Develop and update course materials, including syllabi, lecture notes, and assignments.
- Conduct assessments, examinations, and grade students' academic performance.
- Provide academic guidance, mentorship, and support to students.
- Exhibit a passion for teaching and fostering students' understanding and interest in psychology.

Psychology Lecturer (Visiting) – Riphah International University

Feb 2021-June 2021 - Rawalpindi

- Develop and update course materials, including syllabi, lecture notes, and assignments.
- Maintain office hours for student consultations and academic guidance.
- Participate in professional development activities, such as workshops or conferences related to psychology and education.
- Maintain a commitment to high academic standards and ethics in teaching and practical Learning.

Behavior Therapist - Autism Resource Centre

Aug 2018-Feb 2019 - Rawalpindi

- Conduct psychological assessments to evaluate children's cognitive, emotional, and behavioral development.
- Collaborate with educators, parents, and other professionals to create individualized education plans (IEPs) based on assessment findings.
- Provide counseling and support services to students with special needs, addressing behavioral, social, or emotional challenges.
- Design and implement behavioral interventions and strategies to support students' learning and development.

EDUCATION

MS Clinical Psychology – 2019-2021

Foundation University Rawalpindi Campus

MSc Applied Psychology – 2016-2018

Riphah International University, Islamabad

Bachelors – 2013-2015

University of the Punjab

SKILLS

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|-----------------|---------------|-----------------------------|----------------------------|
| • Psychotherapy | • Counselling | • Human Resource Management | • Communication skills |
| • Teamwork | • Excel | • Microsoft Word | • Psychological Assessment |
| • Powerpoint | • Teaching | • Behavior Management | • Coordination |

PERSONAL INFORMATION

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