

Contact

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Email

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Address

↑ Sector B, Phase 8, Bahria Town, Rawalpindi, Pakistan

Expertise

- Teaching & Academic Communication
- Research Skills & Academic Writing
- Data Analysis (SPSS, basic statistics)
- Canva (Professional Academic & Educational Design)
- Critical Thinking & Conceptual Clarity
- Leadership & Classroom/Team Coordination
- Adaptability & Quick Learning
- Microsoft Excel (records & basic analysis)
- Digital Marketing (Ads Running , SEO etc)

Language

English

Urdu

Punjabi

Awards

- Research Certificate – Online Research Seminar (Dubai)
- RBT 40-Hour Training – Autism Partnership Foundation (California)
- NLP Course
- DSM Course
- DBT Therapy for BPD (Short Course)
- Mini Psychological Testing Course
- Building Emotionally Healthy Relationships & Setting Boundaries
- English Language Course – Queens School of English, Canada
- Certificate of Membership – Australian & New Zealand Mental Health Association
- Group Leader Certificate
- Digital Skills Boot Camps

Reference

- Upon Request

Mahjabeen Iqbal

Academic & Professional Development Specialist

Professional Profile

A disciplined and detail-oriented professional with an academic background in Psychology and Management Sciences. Possesses strong theoretical knowledge, research capability, and analytical skills applicable across education, research, and organizational settings. Demonstrates the ability to communicate complex concepts clearly, design structured academic and professional content, and contribute effectively in learning-focused and professional environments. Seeking opportunities that allow continuous growth, knowledge sharing, and meaningful contribution across academic and multidisciplinary fields.

Professional experience

Sales Head & Manager

UA Digital Boost – Marketing Agency

- Managed and coordinated team activities to achieve sales and performance targets.
- Conducted hiring and interview processes for new team members.
- Maintained and analyzed sales records using Excel for reporting and decision-making.
- Communicated with clients to understand needs and ensure service satisfaction.
- Developed leadership, communication, and organizational skills relevant to classroom and academic management.

Clinical & Behavioral Internship

BASES (Behavior & Special Education Services Group), Rawalpindi

- Worked as an ABA intern under professional supervision.
- Observed and assisted in interventions with children diagnosed with Autism, ADHD, Cerebral Palsy, and developmental delays.
- Gained practical exposure to behavior therapy techniques and ethical clinical practices.
- Developed observation, reporting, and professional interaction skills.

Clinical Exposure Internship

FHPC – Fatima Hope Psychological Center

- Conducted history taking and rapport building with clients.
- Assisted in CBT reviews and case understanding.
- Learned ethical considerations and diagnostic understanding in clinical psychology.

Research Project

- Sleep Quality and Work Engagement as Serial Mediators in the relationship between Social Networking Addiction and Work Performance.
- Involved in literature review, data collection, SPSS analysis, and academic reporting.

Publications

- Sleep Quality and Work Engagement as Serial Mediators in the Path Between Social Networking Addiction and Work Performance among Working Adults.
- Asian Economic and Social Science Review (AESSR).

Academic & Applied Projects

- Community Project on Self-Efficacy and Moral Development
- Gratitude Study (Positive Psychology)
- Work–Life Balance (Industrial & Organizational Psychology)
- Smoking and Addiction (Health Psychology)

Education

Master of Science in Management Sciences (MS)

Foundation University, Rawalpindi

2024 – 2026

Bachelor of Science in Psychology (BS)

Foundation University, Rawalpindi

2019 – 2023