

MAHNOOR ZUBAIR

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VISION

My academic aspirations revolve around enhancing both my research and practice skills. I am committed to actively contributing towards fostering cultural and ethical values within organizational environments through ongoing learning, teaching endeavors, and dedicated research and clinical practice efforts. I firmly believe that it is imperative to move beyond merely expanding profiles and, instead, focus on incorporating quality, ethics, integrity, and values into research and clinical practice.

EDUCATION

1. MS Clinical Psychology

Institute: Riphah International University Gulberg Greens Campus, Islamabad.

2. BS Psychology

Institute: Foundation University Islamabad .

3. Intermediate

Institute: Roots High School & College , Rawalpindi.

4. Matriculation

Institute: Army Public School for Girls , Tufail Road , Lahore Cantt.

WORK EXPERIENCE

1. Career Counsellor for Silver Oaks International Schools & Colleges

Since 2025

- Provide counseling and support for students and employees (stress, burnout, anxiety, work-life balance).
- Design employee assistance programs (EAPs) for confidential mental health help.
- Run stress management, mindfulness, and resilience workshops.
- Led the Career Counseling Training Program as Head Trainer, facilitating comprehensive training on career guidance, counseling techniques, and student career development.
- Develop and implement mental health policies.
- Aptitude Testing for Students
- Delivered Career guidance Seminar for students and parents
- Guided students on university admissions and entry test pathways.
- Supported placement guidance and career readiness initiatives.

2. Prominent Team Member in Soul Healing Foundation

- Panellist in the on the webinar “ Mental health for All”

- Organised a mental health camp with the collaboration with waseela hum welfare in in Fatima educational centre Jiagot

3. Clinical Psychologist (volenterr work experience)

Department: Psychiatry Department, Fauji Foundation Hospital, Rawalpindi

Duration: 3 months

Job Description

- Taking sessions of admitted ward patients and OPD patients.
- Detailed psychological assessment (Interview and Psychological tests)
- Providing supervised therapy sessions.

4.Trainee Behavior Therapist / Clinical Psychologist (Internship)

Institute: SEDUM Child Development Center , Morgah Rawalpindi.

Duration: 4 months

Job Description

- Psychological Assessment of neurodevelopmental disorders
- Providing ABA therapy sessions.
- Record keeping of daily sessions for the institute.
- Making detailed case reports.

5. Dhartee Rang Organization (worked as Program Organiser)

Job Description

Arranged annual sports day and other welfare programs .

6. Dolphin Enterprises worked as an Industrial psychologist

2022-2025

Job Description

- Conducted psychological assessments to evaluate employee competencies, personality traits, and workplace behaviors.
- Administered and interpreted psychometric assessments for recruitment, selection, and employee development.
- Designed and implemented Employee Assistance Programs (EAPs) to promote mental health and psychological well-being.
- Provided individual counseling and psychological support for employees experiencing work-related stress, anxiety, burnout, and interpersonal challenges.
- Developed and facilitated training programs on stress management, resilience, emotional intelligence, communication, and conflict resolution.
- Conducted organizational needs assessments to identify workplace challenges and recommend evidence-based interventions.
- Collaborated with management to enhance employee engagement, motivation, and job satisfaction.
- Supported talent management initiatives, including career development, succession planning, and leadership development.
- Assisted in performance management processes through behavioral assessment and constructive feedback strategies.

CERTIFICATION/COURSES/WORKSHOPS

Courses/ Trainings

1. Completed 100 hours of Neuro Linguistic Programming course conducted by Pakistan Institute of Mind Sciences

Workshops/ Seminars

- Invited as a Guest Speaker at **silver oaks leadership college for guidance counselling and academic performance.**
- One day seminar on “Neurodiversity; Understanding Minds, Unlocking Potentials” organized by Quaid-e-Azam International Hospital Islamabad from keynote speaker Dr Khurram Sadiq, Consultant Neurodevelopmental Psychiatrist and Medical Lead Adult ADHD at Oxleas NHS Foundation Trust.
- One day workshop on “Managing Addiction through Emotion Freedom Technique”.
- One day workshop on Doing Ethnography and Anger Management .
- Three days training on “Traditionally Islamically Integrated Psychotherapy (TIIP) Level-1 by “Khalil Center”.
- One day workshop on “bipolar disorder & Psychological first aid”.
- One day workshop on “Specific Learning Difficulties”.
- One day workshop on “ Emotional Intelligence ”.

ABILITIES

1. Communication skills
2. Adaptability
3. Team collaboration
4. Critical thinking
5. Problem solving
6. Time management
7. Leadership
8. Academic writing
9. Presentation skills
10. Research and analysis
11. Planning and coordination

SKILLS

1. Proficient in SPSS (Statistical Package for the Social Sciences) Software.
2. Proficient in NVivo (qualitative data analysis software).
3. Proficient in Microsoft Office (Word, PowerPoint, Excel).
4. Proficient in Canva and Adobe Illustrator .

REFERENCES

References will be provided on request