

Surbhi Sharma

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PROFESSIONAL SUMMARY:

Empathetic and goal-oriented Counseling Psychologist and Corporate Trainer with a strong record of advancing communication, leadership, and resilience in both corporate and educational settings. Known for designing and implementing research-backed, data-driven initiatives that reduce burnout, boost resilience, and make spaces safer for emotional wellbeing. Skilled in leveraging psychological expertise to create high-impact learning experiences that align individual growth with organizational objectives, fostering productivity, inclusivity, and peak performance across diverse teams.

EXPERIENCE:

Canon India

March 2025 – Present

People Development Executive

New Delhi, India

- Curate and implement learning interventions to enhance emotional intelligence, resilience, and leadership across diverse teams.
- Partnering with business leaders to conduct training needs assessments and roll out targeted upskilling programs across departments while managing external training partners and internal stakeholders
- Administer and interpret psychometric assessments to support individual development planning, leadership readiness, and team effectiveness.
- Facilitate learning through digital platforms and blended modalities, ensuring continuous upskilling

Narsee Monjee Institute of Management Studies (NMIMS)

May 2024 – Present

Psychologist

Hyderabad, India

- Provided individual counseling to undergraduate and graduate students, addressing academic, personal, and emotional challenges.
- Facilitated training programs focused on communication, resilience, and conflict resolution to enhance students' interpersonal skills.
- Collaborated with academic and administrative staff to identify key areas for improvement and design training programs aligned with student needs.
- Conducted initial screenings and assessments to identify mental health needs and ensure timely support.

Mantracare

October 2023 – March 2024

Psychologist Corporate Trainer

New Delhi, India

- Providing individual counseling to youth and adults, employing evidence-based therapeutic approaches to address diverse mental health challenges like anxiety, depression, relationship issues, study stress and more.
- Designed and delivered tailored corporate soft skills workshops that focused on emotional intelligence, stress management, and conflict resolution.
- Conducted leadership development programs, fostering better communication, collaboration, and decision-making within teams

Shri Hans Inter College, Muradnagar

September 2023 – March 2024

Visiting counselling psychologist

New Delhi, India

- Provided individual and group counselling sessions to students facing various personal, academic, and social challenges.
- Facilitated dynamic group sessions and individualized coaching, strengthening communication, leadership, and stress management skills.
- Conducted assessments and evaluations to identify students' needs and develop tailored intervention plans.
- Collaborated with faculty to integrate soft skills development into the curriculum, promoting a well-rounded educational experience.

Zealth AI

August 2022 - December 2022

Mental Health Expert

New Delhi, India

- Provided compassionate counseling sessions to cancer patients, enhancing their mental well-being and resilience.
- Directed the development of Standard Operating Procedures for Mental Health Experts, streamlining processes and enhancing team productivity.
- Conceptualized and produced informative and relatable video content for the CareShare app

SKILLS

Professional Skills: Workshop Design & Delivery, Employee Development, Leadership Training, Training Evaluation, Performance Coaching, Psychotherapeutic approaches, Clinical interviewing, Academic writing, Research skills, Digital editing & technical skills, psychological testing

Assessments: Minnesota Multiphasic Personality Inventory-2 (MMPI-2), Wechsler Intelligence Scale for Children (WISC-V) Bhatia battery, Cognitive tests, DBDA, BDI, BAI, SCAT, and more.

Interpersonal Skills: Active Listening, Empathy & Compassion, Creativity & Innovation, Interpersonal Communication, Leadership & Teamwork, Time Management, Analytical Thinking

EDUCATION:

Amity University, Noida <i>Masters in Clinical Psychology</i>	8.08 CGPA 2021 – 2023
University of Delhi, Delhi <i>Bachelor of Arts in Applied Psychology</i>	First Division 2018 – 2021
Ahlcon International School, Delhi <i>Grade 12, Humanities Stream</i>	91.8% 2018

RESEARCH EXPERIENCE:

Exploring the Association of Dark Triad Traits with Peace and War

International Conference on Recent Advancements in Medical Education, Nursing, and Health Science (2022)

The Role of Spirituality in Conflict Management

International Conference on Peace and Sustainable Development in a World of Conflict, Vivekananda College (2020).

TRAINING INTERNSHIPS:

Forensic Psychology Intern - *Research Solutions Global (July 2020)*

Applied Psychology Intern - *Karma Centre for Counselling and Wellbeing (January 2019)*

Observational Intern in clinical setting - *Institute of Mental Health, Moolchand Medcity (May 2017)*

Attendee, Mental Health Fiesta - *Mental Health Foundation India and AIIMS (October 2019)*

COURSES & CERTIFICATION:

Addiction Treatment: Clinical Skills for Healthcare Providers	<i>Yale University (Online, January 2023)</i>
Mindfulness and Well-being: Foundations	<i>Rice University (Online, August 2022)</i>
Psychological First Aid	<i>Johns Hopkins University (Online, February 2022)</i>
Mental Health, Recovery and Community Inclusion	<i>World Health Organization (Online 2022)</i>
Certificate Course in German	<i>University of Delhi (October 2021)</i>

EXTRACURRICULARS

- Founder - Merak: The Mental Health Society of Vivekananda College (2019)
- Organiser - TEDx Ahlcon International School (2018)

Language Proficiency: Hindi (<i>Native</i>), English (<i>Full Working Professional</i>), German (<i>Limited Working</i>)
