

# CURRICULUM VITAE-CUM- RESUME



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## **SYNOPSIS**

I am an energetic and enthusiastic person who loves learning new things and experiencing challenges. I am a balanced person and can interact with any age groups. I am a friendly and open-minded person, people can quickly get closer with me, and I love to understand human beings in general and observe them.

As having exposed to various educational settings, I can feel the difference in myself in the way I perceive around, which has made me wiser to analyze it. As every experience is a platform for learning and growing, I will not limit my current Education. I will keep updating my knowledge, which can bring help to others as well as myself. I am a good listener with an adventurous spirit.

I love my profession and wish to grow with it. I respect clients, and I know their privacy and value. I want to continue serving people without discrimination in the new institution, whether rich or poor, old or young, big or small, male or female, sick or healthy because all people have the same

emotions, feelings, cognitive behaviour, physical weaknesses, and so on. I can make things happen with a motto to serve with the best of my calibre and confidence to achieve it. The authorities can trust me with no doubt.

## EDUCATIONAL QUALIFICATIONS

| Year | Degree  | Institute  | CGPA/%/Grade |
|------|---|--|--------------|
| 2018 | Postgraduate Diploma in Contemplative Counseling Psychology | Samtse College of Education                                    | 77.50        |
| 2016 | B.Sc. Psychology  | Martin Luther Christian University, Shillong, Meghalaya, India | 2.9/4.0      |
| 2011 | GCE AS & A Level (University of Cambridge)                  | Sholai School CLOAAT, Kodaikanal, India                        | D            |
| 2009 | X (Bhutan board)  | Lungtanzampa Middle Secondary School, Thimphu, Bhutan          | 61.6         |

## WORK EXPERIENCE

1<sup>st</sup> August 2021 till date **Mental health counsellor at Royal Thimphu College, Thimphu**

**1<sup>st</sup> May 2019-July 31<sup>st</sup>, 2021**

**Counsellor** at Bhutan Institute of Wellbeing, Chimithangkha, Tshaluna, Thimphu.

**August-Sept, 2018**

**Internship** at Bhutan Institute of Wellbeing, Chimithangkha, Tshaluna, Thimphu.

**Feb-Oct, 2017**

**Residence coordinator** at Gaselo Central School, Wangdue Dzongkhag.

**6-13 March 2013**

**Volunteer English Teacher** at Baan Thai Samakkhee School, Thailand.

## WORKSHOPS ORGANIZED/ FACILITATED/Professional credentials

**May 2021, studied full course on substance abuse and attending exam on 21<sup>st</sup> December, 2022 for International certified Addiction professional. ICAP 1**

**October 2020 to April 2021**

I facilitated a 14-days *workshop on GNH Journey- Walking the path* for four cohorts of 150 participants in Bhutan Institute of Wellbeing.

**22<sup>nd</sup> to June 29, 2020**

I attended a workshop on *Working for excellence-transforming lives* in the Bhutan Institute of Wellbeing.

**October 2019**

**National Certified Counselor (NCC-A)**

**October 2019**

I completed the **Mental Health Facilitator Program** by the **Center for credentialing & Education**.

**October 2019.**

I participated in the 5<sup>th</sup> bi-annual Bhutanese **c14-day**lingonference on *enhancing Creativity using Transpersonal models*.

**13 to January 14, 2016**

I attended **orientation in Leprosy** by The Leprosy Mission Trust, TLM Community Hospital, Nandnagri, Delhi, India.

**July 26, 2015**

Colleagues and I organized a *Community Outreach Programmed on Body Image and Hygiene* in Hillcrest School, Shillong, Meghalaya.

**March 21, 2015**

I attended a screening of a **Video Documentary on Sexual Violence** at Assam State Museum in Guwahati, Assam.

**November 25, 2014**

I attended International Day on **Elimination of Violence Against Women Awareness** in Jowai, Meghalaya.

**8-10 October 10, 2014**

I attended **World Mental Health Day Symposium** at Martin Luther Christian University, Shillong, Meghalaya.

**Sept. 8- 9, 2014**

I attended **Crisis Intervention Training** at Martin Luther Christian University, Shillong, Meghalaya.

**August 25, 2014.**

I participated in **Interactive Session** for students across Shillong City with Mr Mike Pandey in Shillong, Meghalaya.

**August 15, 2013**

I attended **Career Skills Workshop in** Shillong, Meghalaya.

## PROJECT WORK/ RESEARCH

- I did a Project on **Perception's Principle of Control.**
- I did a comparative study on the **Generation Contradiction among young adulthood and mid-adulthood.**
- I did a comparative study on the view of **Tribal and Non-Tribal young adults on the concept of Pride and its associative figures.**

## AWARD & ACHIEVEMENTS

### 2021

I am undergoing a course on **Universal Treatment Curriculum I-CAP level 1.**

### October 2019

I completed and registered under no. 421 the **Mental Health Facilitator Program** by the **Center for credentialing & Education.**

### October 30, 2019

I am registered as **National Certified Counselor (NCC-A)** at the Bhutan Board for Certified Counselors.

### 2014-2016

I received the **Best improved student Award** at Martin Luther Christian University, Shillong, Meghalaya.

### Dec 4, 2011, to Jan 29, 2012

I attended and completed a **General English course at Evolution Upper-Intermediate Module 1** with British Council, Kolkata, India.

## Skills

### ✓ Hard skills

- Communicational skills
- Observational skills
- Listening skills
- Interpersonal skills
- Intrapersonal skills
- Counselling skills
- Basic meditation skills
- Team Spirit
- Work commitment

### ✓ Soft skills

- Empathetic

- Self- motivation
- Time management
- Self-awareness
- Confident
- Skills to forgive and forget
- Presentation skills

**March 29- April 5, 2014**

I won the **Second Prize in the Dancing Competition** held during ‘Aurora 2014’ at Martin Luther Christian University, Shillong, Meghalaya.

**13-17 February 17, 2012**

I participated in **Project Management for E-Governance**, NIIT, Bhutan.

**September 9, 2010.**

I participated in the **Art History Workshop** at Kodumbalur & Sittanavasal, **Indian National Trust for Art and Cultural Heritage (INTACH)**, Chennai, India.

**June 5, 2015**

I Participated in the **Cleaning Drive** organized by the Department of Environment and Traditional Ecosystems at Martin Luther Christian University, Shillong, Meghalaya.

**REFERENCE:**

- ✓ Registrar of Royal Thimphu College, Mrs. Pema Chhoden Wangdi, Email: [pemacwangdi@rtc.bt](mailto:pemacwangdi@rtc.bt) Contact no. 77635674
- ✓ Advisor in Bhutan Institute of Wellbeing.
- ✓ Dasho Pema Thinley,  
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