



AQSA KHALID

HR Associate | Recruitment
and Workforce Well-being

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📍 Diyar al Muharraq, Bahrain.

EDUCATION

MS Clinical Psychology

Bahria University Lahore

Campus

2022-2024

MSc Applied Psychology

Bahauddin Zakariya University,

Multan

2019-2021

SKILLS

- Interpersonal skills
- Communication skills
- Recruitment & Selection
- Stakeholder Management
- Candidate Experience
- Problem Solving &
- Decision Making

LANGUAGE

English

Urdu

Hindi

Arabic

About Me

Human Resources Professional with a unique background in Clinical Psychology, offering a profound understanding of human behavior to the core HR functions of Talent Development and Employee Relations. My expertise is in practiced and real-world application: de-escalating conflict, coaching individuals through challenge, and assessing nuanced motivations. I am skilled at creating environments of psychological safety and trust, which I believe is the foundation for both employee well-being and bottom-line business results.

WORK EXPERIENCE

Oct 2020 – April 2024

**Trainee in Mental Health & Behavioral Assessment Various
Healthcare Institutions**

Aug 2021–Sep 2022

Clinical Psychologist

Fountain House (Institute of Mental Health)

Feb 2024 - Nov 2024

Clinical Psychologist

Fountain House (Institute of Mental Health)

• **Learned Key Achievements:**

- **Employee Wellness & Conflict Resolution:** Counseled individuals with behavioral and emotional challenges, developing skills in active listening, conflict resolution, and empathy.
- **Data-Driven Decision Making:** Analyzed psychological test results and KPIs to assess treatment effectiveness, mirroring HR analytics in performance management.
- **Training & Development:** Conducted psychoeducation sessions, enhancing skills in instructional design and employee training programs.
- **Case Management & Compliance:** Documented client progress and adhered to ethical guidelines, aligning with HR record-keeping and policy compliance.
- **Diversity & Inclusion:** Worked with neuro-diverse populations, fostering inclusive workplace strategies for individuals with special needs.

CERTIFICATIONS

8-2022: Training Workshop on Rorschach Test

6-2023: A symposium On Clinical Case Studies: The Untold Stories

2023: Services In Mental Health Camp

2024: Intervention Development