


# Nadia Hussain

Mental Health Professional

416-843-2829 

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Stoney Creek, Ontario 

Linkedin.com/nadia hussain 

## SKILLS

Communication &  
Interpersonal

Conflict Resolution

Public Speaking

Attention to detail

Coaching/Mentorship

Workshop Facilitation

Content creation/Blog

Mindfulness

Time Management

## EDUCATION

### Social Services

George Brown College  
Toronto, ON

### Board Designated- Hypnotherapy

American Board of  
Hypnotherapy  
Oakville, Ontario

### Mindfulness Facilitator

Mindfulness Without Borders  
Toronto, ON

## PROFESSIONAL SUMMARY

Talented and passionate mental wellness professional, polished in empowering clients through one on one, small and large group sessions. Strong ability to identify with and understand another person's experience and perception of the world. Excellent critical thinking skills with the ability to practice and foster compassion and resilience with clients. Ability to engage, inspire and motivate clients at all age, academic and professional levels. Expertise in coordinating activities to enhance one's awareness of the self, leading to increased confidence and overall mental well being

## PROFESSIONAL EXPERIENCE

### EDUCATIONAL RESOURCE FACILITATOR, Peel District School Board, Mississauga, 2003-present

- Maintain student database, record keeping and reporting using relevant software systems
- Foster positive and trusting relationships with students to increase engagement
- Apply clinical and behavioral knowledge to maintain safety during crisis moments
- Direct activities to promote growth in mental, emotional and educational areas
- Provide comprehensive assistance in a multidisciplinary environment

### EMPOWERMENT COACH/MINDFULNESS PRACTITIONER AND HYPNOTHERAPIST, Empowerment Through Healing, Brampton, 2018 – 2020

- Facilitated mindfulness sessions through council, in schools and organizations
- Fostered the development of SEL (social emotional learning) through individual and group sessions
- Facilitated an integration of the conscious and unconscious mind through hypnotherapy, leading to goal achievement and the release of limiting beliefs
- Lead interactive group sessions and encouraged discussion to improve results for all individuals
- Assisted clients in developing life management skills and coping mechanisms to handle daily living requirements
- Facilitated measurable goal setting and assisted in strategy development for accomplishing objectives

### PEEL CHILDREN'S CENTER, Child and Youth Counsellor, Brampton, 1995-1996

- Provided primary support to residents and their parents
- Developed, planned, promoted, implemented and evaluated day to day operations
- Facilitated life skills programs to residents
- Successfully supported and responded to behavioral and mental health needs within a therapeutic environment
- Prepared and presented written reviews