

Talifhani Mbedzi

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Professional Summary

I am a certified wellness counselor and qualified educator specializing in adolescent mental health, empowerment, and personal development. With an Honours degree in psychology and extensive experience in school-based counseling, I possess proven expertise in assisting teens to navigate challenges such as self-esteem issues, bullying, and academic stress. Proficient in impact assessment and research, I am dedicated to fostering supportive, judgment-free environments where young individuals can thrive.

Professional experience

School Counselor, [Holy Trinity Catholic School], [Pretoria, Atteridgeville], [South Africa]

September [2024] - October 2024

- Provided individual and group counseling sessions to support learners with personal, social, and academic challenges.
- Developed and implemented targeted interventions to address bullying, self-esteem, and emotional well-being among learners.
- Actively engaged in crisis intervention and support for learners experiencing personal or family issues
- Monitored and evaluated the effectiveness of counseling services to ensure continuous improvement
- Assisted learners in career guidance, helping them explore their interests and develop academic and vocational goals.

School-Based Support Team Coordinator, [Thornridge Secondary School], [Montana, Pretoria], [South Africa]

March [2022] - April [2023]

- Coordinated the school-based support team to provide targeted interventions for learners with academic, behavioral, and emotional challenges.
- Developed individualized support plans with teachers, parents, and external professionals to address learners' unique needs.
- Facilitated regular meetings with team members, including teachers, educational psychologists, and school leaders to address learners' progress and adjust interventions as needed.
- Maintained detailed records of student cases, ensuring compliance with school policies and confidentiality standards.
- Attended workshops and professional development sessions to enhance skills in learner support, counseling strategies, and team coordination, staying updated on best practices in school-based support.

Life Orientation Teacher, [Thornridge Secondary School], [Montana], [South Africa]

March [2022] - April [2023]

- Taught Life Orientation to learners (grades 8,9 &10), covering personal development, career planning, health and wellness, and social responsibility.
- Created engaging lesson plans to foster learners' self-awareness, resilience, and critical thinking skills
- Created assessments to evaluate learners' understanding of key Life Orientation concepts and provided constructive feedback to support their development.

- Participated in workshops and training sessions to continuously enhance teaching methods and remain updated in curriculum changes.

Lay counselor, [South African Depression and Anxiety Group], [Rivonia], [South Africa]

January [2019]- April [2023]

- Provided telephonic counseling and support to individuals dealing with anxiety, depression, and various mental health challenges in a high-volume call center setting.
- Referred clients to appropriate mental health resources and services, coordinating with healthcare providers and local organizations.
- Maintained detailed records of calls, ensuring confidentiality and adherence to ethical guidelines
- Assisted callers in crisis by offering immediate emotional support, de-escalation techniques, and guidance on coping strategies

Education

PGCE, [STADIO], [Centurion], [South Africa]

March [2022] - December [2023]

Bachelor of Arts Honours (Psychology), [UNISA], [Pretoria], [South Africa]

February [2020] – November [2021]

Bachelor of Arts, [University of Pretoria], [Pretoria, Hatfield], [South Africa]

February [2016] - November [2018]

Skills

- Microsoft office
- Program Coordination
- Workshop Facilitation
- Teaching and Curriculum Development
- Presentation and reporting skills
- Individual and Group Counseling
- Crisis Intervention
- Career Guidance & Mentorship

Certifications

- ASCHP (Association for Supportive Counsellors and Holistic Practitioners): 2024/06/19 -2025/06/19
- SACE (South African Council for Educators):2022/05/27 – 2025/05/27

References

Available on request.