

Curriculum vitae

Safia Joseph

E-Mail	safia.joseph@gmail.com
Zivilstand	Married, two children (10 and 7)
Date of Birth	27.02.1976

Professional Experience

From 2021	Wellness Training Manager at Life Employee Health Solutions <i>Development, implementation and execution of training and enablement programs for leaders and individual contributors. Conduct in person and virtual trainings and workshops.</i>
From 2015	Project Manager and Clinical Consultant at Life Employee Health Solutions <i>Responsible for operations and provision of clinical employee wellness solutions to companies and organisations in the public and corporate sector. Individual and management coaching of personnel to empower and upskill.</i>
From 2003	Assessment Consultant at Sanlam <i>Administration of psychometric assessments for employees and leaders, to assist with recruit and selection, talent acquisition and retention, development of leadership skills and achievement of goals.</i>
From 2002	Area Head: Psychological Services at South African Police Services <i>Implementation of an employee wellness programme to employees, managers and dependents of the organisation, in order to facilitate improved quality of life, trauma debriefing, and assist with achievement of goals. Administration of psychometric assessments for new recruits to assist with recruitment and selection. Implementation of training workshops to upskills on topics such as suicide prevention, trauma awareness. Managing stress and colleague sensitivity.</i>
From 2000	Junior Lecturer at University of Durban Westville <i>Facilitating lectures and conducting evaluations on undergraduate and postgraduate students in fulfillment of their tertiary level qualifications.</i>

Education and trainings

2006	Solution Focused Brief Therapy – <i>Milton Eriksson Insitute of South Africa</i>
2004	Fundamental and Advanced training is Hypnotherapy - <i>Milton Eriksson Institute</i>
2005	Play Therapy – <i>Rehana Seedat, Durban South Africa</i>
2002	Masters of Arts (Counselling Psychology) – <i>University of Durban Westville</i>
1999	Bachelor of Arts Honours (Psychology) – <i>University of South Africa</i>

1997

Bachelor of Arts – *University of South Africa*

Publications/ Manuals

2006

Children who witness domestic violence: Article based on Masters' dissertation -
Journal of Emotional Abuse, Vol 6(4), 2006

2000

Sex & Risk: An HIV/AIDS risk reduction programme for tertiary level students - Students
Workbook.

Sex & Risk: An HIV/AIDS risk reduction programme for tertiary level students -
Facilitators Manual.

1999

Care for the mentally retarded: A manual for caregivers of children who are
intellectually challenged.

Trauma Counselling: A trainer's manual for facilitators dealing with various
psychological trauma.