

# **OSRP Board of Directors Nominee Profile 2023-2024**

**Name: Mahshad Aryafar, RP**

## **Professional Summary:**

I am a Registered Psychotherapist and Integral Professional Coach with a thriving private practice in Toronto. With a primary focus on individual clients, I also facilitate workshops and groups that address crucial topics including psycho-education, understanding impact of immigration, navigating life transitions, cultivating comfort with the unknown, and parenting challenge.

My passion lies in empowering individuals to access their inner wisdom and evolve into self-authored, resilient beings. In my practice, I foster an atmosphere of un-shaming, inclusivity, and deep compassion, creating a safe and nurturing space for my clients to explore their personal journeys and embark on a path of personal growth and self-discovery.

## **Education:**

- Integral Professional Coach™ Certification, Integral Coaching Canada, Ottawa, Canada, 2021
- Psychotherapy and counselling certificate, Ontario Psychotherapy and Counselling Program (OPC), Toronto, Canada, 2014
- Advertising, Art direction certificate, OCADU, Toronto, Ontario, 1999
- Graphic Design and Visual communications BA, Al-Zahra University, Tehran, Iran, 1996

## **Work Experience:**

- Founder, Integral Professional Coach™, The Bold Shift Coaching, Toronto, Canada 2021- present
- Psychotherapist in Private Practice, Toronto, Canada 2011-present
- Founder, Owner, Sugarmama Productions Artist Representation Agency, Toronto, Canada 2004-2009
- Various advertising agencies, Toronto and Montreal 1999-2004

## **Professional and Soft Skills:**

- Cultural Competence: My focus on topic of immigration experience and cultivating competencies in new contexts comes from personal experience and understanding of the unique challenges faced by individuals from diverse backgrounds.
- Life Transitions: I help clients navigate life transitions with competence, supporting them in making intentional shifts toward their future goals. I believe this competency is valuable for the upcoming period of transition the board is moving towards.
- Empowerment: I'm passionate about inspiring my clients to tap into their inner wisdom and take control of their lives, becoming conscious and self-authored beings.
- Communication: I believe in honest, effective communication both in session, and as a competency in any life situation. I also believe it's a vital aspect of any group working together toward a common cause.
- Compassion: Compassion is a key quality in the helping professions. I believe compassion builds bridges between polarized sides in any life/work situation. It's an integral contributor toward sustainable change and evolution.