

RAWAN ABDULAZIZ ALZHRANI

SINOR PULIC HEALTH AND WELLBEING



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Address
Riyadh

Education

2019-2022 United Kingdom

Master of science in Public health and health promotion

Swansea University

2012- 2016 Saudi Arabia

Bachelor's degree in Sociology and Social Work

Imam Abdulrahman Bin Faisal University

Language

2017-2018

- **English Advanced. General English** in Kaplan international institute ,United kingdom, Manchester
- **Academic English and scientific writing** Advanced. Swansea University Institute of Academic English

Experience

● 2015-2016 **Social Worker**

Saudi Arabia ,Dammam

I worked in more than one field related to social work and psychological support, including Al-Burj Medical Hospital in Dammam, then I moved to school practice, then I moved to Al-Nada Center for People with Special Needs and Autism Spectrum Disorder

● 2019-2022 **Public health and wellbeing specialist**

United kingdom, Swansea

Internship public health and wellbeing specialist and health promoter at Singleton University Hospital, HIV ,GUM clinic, Brest cancer, Reducing the psychological trauma of the patient

● Saudi Arabia ,Taif

Armed Forces Rehabilitation Center Armed Forces Prince Mansour Military Hospital

- Preventive Medicine: Designing and preparing preventive programs and plans, and studying social cases from a medical perspective.
- Anti-Infectious Disease: Primary prevention, precautionary measures, and risk management
- Health Education: To educate and rehabilitate patients with chronic diseases to adapt to the situation

● 2021-2023 **Health volunteer during the COVID 19 pandemic**

United Kingdom ,London

NHS, St Thomas' Hospital health staff support and Psychological and social support.

Vaccine Center at Irada and Mental Health Complex A volunteer in the support during Covid 19 , with in**868 volunteer hours , Health campaign planer.**

● 2024 **Project Manager at the Health Minister office**

International Health Indicators Unit, Office of Excellency the Minister's Advisor

- International indicators related to the strategic 2030 vision.
- Health indicators related to the World Health Organization and the Sustainable Development Goals.
- Linking with the National Center for Mental Health Promotion, particularly regarding mental health indicators and benchmarking.
- Monitoring suicide rates, indicators related to addiction and its treatment, cases of depression and anxiety, and raising awareness.
- Deloitte Consulting Project for International indicators unit Operational Model.

● 2025 **Manager at Vice Minister for Planning and Development office -MOH**

Courses and Licenses

- Certified trainer from the Technical and Vocational Training Corporation TOT.
- Professional project management.
- Microsoft Azure Artificial Intelligence.
- Certified governance specialist ,GAFM Global Academy of Finance & Management ® - ISO 21001 .
- Member & Fellowship in Global Academy GAFM of finance and Management in US.
- Cultural Member of the British Council.
- Wellbeing Data management and governance in organizations .
- Key performance measurement indicators KPIs, Technical and Vocational Training Corporation .
- Saudi Commission for Health Specialties (SCFHS) Health practitioner license.
- Primary prevention of HIV in Partlo Wales, Public Health Wales license.
- Social worker specialist HRDF - KSA.
- International License for Voluntary Work Practicing voluntary initiatives in 16 countries of the Arab Union.
- Social and family consultant for third sector associations, Social Development Association in Al-Ahsa.
- Social advisor for the Awareness Association.
- Social consultant offering remote psychological and social counseling.

Skills

- Empathy and Emotional Intelligence: The ability to understand and share the feelings of others, manage one's own emotions, and set healthy boundaries.
- Active Listening and Communication: Effectively hearing clients, interpreting non-verbal cues, and documenting information accurately.
- Crisis Management and Patience: Remaining calm, professional, and composed in high-pressure, emotional, or volatile situations.
- Critical Thinking and Problem-Solving: Assessing complex situations, identifying risks and developing effective, tailored intervention strategies.
- Cultural Competence: Understanding and respecting diverse backgrounds, values, and perspectives to provide tailored support.
- Organization and Time Management: Managing heavy caseloads, documentation, and competing priorities effectively.
- Advocacy: Championing the rights and needs of clients to access necessary resources.
- Self-Care and Resilience: Maintaining personal well-being to avoid burnout.
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- Technical and Functional Skills
- Assessment and Evaluation: Evaluating client progress and adjusting support plans as needed.
- Digital Proficiency: Competence in using computers, software, and electronic record-keeping systems.
- Collaboration: Working effectively with multidisciplinary teams, including healthcare professionals, schools, and community services.