Le profil professionnel des docteurs

seyedeh farima Mahboubi

Psychology

“PhD student in social psychology, motivated to contribute to mental health research and clinical work. Studying social comparison and its impact on mental health.

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Cœur de métier

PHASE 2 **Développement des compétences**

During my PhD, I regularly reflect on my goals and adjust them based on experience and feedback. I take part in training, workshops, and supervision to improve my skills and stay updated. I’ve also learned to manage my time, adapt to the academic system in France, and identify ways to transfer my clinical psychology background to research. I listen to advice from my professor and colleagues to shape my development and career path.

Qualités personnelles et relationnelles

PHASE 3 **Communication**

During my clinical practice and PhD, I regularly communicate complex psychological concepts to clients, colleagues, and supervisors. I adapt my language based on the audience, whether it’s academic writing, presenting in international settings, or speaking with vulnerable individuals. I’ve also contributed to scientific discussions in both English and French, and I continue to improve my ability to share knowledge clearly and effectively.

PHASE 3 **Collaboration**

I worked closely with multidisciplinary teams in hospitals and HR consulting, contributing to joint decisions and patient care. In my PhD, I collaborate with researchers and professors on designing studies and discussing findings. I value shared knowledge and collective progress.

PHASE 3 **Écoute et empathie**

As a clinical psychologist, I’ve developed deep listening and empathy through years of therapeutic practice. I create a safe space where people feel heard and respected, regardless of their background. During my PhD, I apply these skills in interviews, group work, and academic exchanges, encouraging others to express themselves. I believe empathy is essential for collaboration and effective communication, especially in multicultural or interdisciplinary environments.

PHASE 2 **Négociation**

I developed negotiation skills through real-life situations in both personal and professional settings. As a psychologist, I often had to find solutions that respected the needs of clients, families, and medical teams. In France, I’ve also negotiated with university staff and service providers to resolve administrative or academic issues. I aim for win-win outcomes and always try to stay calm and assertive, even under pressure. These experiences have strengthened my ability to reach agreements and defend my rights respectfully.

Gestion de l'activité et création de valeur

PHASE 2

Conduite de projet

I've managed therapeutic plans in clinical settings and currently lead my PhD research project on social comparison and mental health. I organize literature reviews, design questionnaires, and analyze data. In previous roles, I also managed training sessions and supported internal HR projects. I'm used to setting priorities, respecting deadlines, and adapting plans when needed.

PHASE 3

Gestion du changement

My move from Iran to France required major adaptability — adjusting to a new culture, academic system, and language. I've succeeded in integrating into doctoral studies, developed new research skills, and maintained my professional goals despite many challenges.

Stratégie et leadership

PHASE 2

Stratégie

Through my PhD and clinical work, I've learned to set clear goals, make strategic decisions for research and therapy planning, and take initiative in unfamiliar environments. I led my own research project from concept to analysis and adapted my strategy while integrating into the French academic system. I also designed training programs in HR and helped individuals develop personally and professionally.

PHASE 2

Leadership

During my clinical and academic journey, I have taken initiative and made strategic decisions to improve both patient outcomes and research quality. In HR consulting, I designed and led internal training sessions. In my PhD, I define research directions and adapt strategies based on feedback or data. I don't manage a team, but I act independently and with vision, especially when facing complex challenges. I aim to align my work with broader goals and contribute to collective success.