

ESTHER OZIOMA CHUKWUCHEBE

Emeka Eze Street, Railway Road, Maryland, Enugu State, Nigeria.

(+234) 811-943-2898 | (+234) 818-326-1610

estherchukwuchebe01@gmail.com | [LinkedIn](#)

EDUCATION

B.Sc. Psychology, University of Nigeria, Nsukka

2022 - 2017

Second Class Upper (Top 10%)

Thesis: Moderating role of mindfulness in the relationship between posttraumatic stress disorder symptoms and posttraumatic growth among type II diabetic patients

Advisor: Dr. Joseph Aliche

RESEARCH INTEREST

- Cognitive psychology
- Trauma and Posttraumatic Growth
- Anxiety and Phobias
- Gender roles
- Child Development

PEER-REVIEWED PUBLICATION

Chukwuchebe, E. O., Aliche, C. J., 2024 (In review). Moderating role of mindfulness in the relationship between psychological distress, resilience and posttraumatic growth among type II diabetic patients; *Behavioral Science journal*

Manuscript In Progress

Chukwuchebe, E. O., Aliche, C. J., (In prep). Mediating role of intolerance of uncertainty and meaning in life in the relationship between Social support and posttraumatic stress disorder symptoms among Nigerian military personnels.

RESEARCH EXPERIENCE

Independent Field Researcher, Nigerian Airforce, Yenagoa, Bayelsa State **July 2025 - December 2023**

- Seven month intensive research on Posttraumatic stress disorder (PTSD) among military personnels at the Nigerian Airforce and Naval force, Bayelsa Yenagoa
- Interviewed and reached out to various military personnel in the Intelligence (INT) department on information as touching mental health in the military.
- Sponsored every financial dues accredited to conducting the research among military personnels.

Undergraduate Researcher, University of Nigeria, Nsukka, Enugu state **December 2022 - October 2021**

- Carried out 9 month thorough fieldwork with medical personnel at research locations on PTSD and PTG among diabetic patients.
- Research on past work related to current research in view to aid development of the paper to get the specified results.
- Assisted in coding results and analysis of data collected during research activity.

PROFESSIONAL EXPERIENCE

Customer Relations/Digital Marketing Officer: Dewdrop Group (Institute/Foundation), Enugu **June 2025 - Present**

- Administration: Charged with administrative duties, front desk officer, public relations.
- Digital marketing: Traditional marketing and social media management.
- Event management (inclusively product launches, seminar, facilitating)
- Coordination of the dewcare service (Learn and Earn service).

Customer Service Executive/Warehouse Supervisor, Chloe Hygiene And Baby Product: Tenecè Holdings Limited, Enugu **October 2024 - May 2025**

- Receiving end of information, complaints and enquiry for our target market
- Work with the sales team to build action plans for retaining and conversion of customers.
- Handles receipt and documentation of raw materials for the production team, and items for the shared services unit.

- Handled inventory of closing and opening stock, and distribution of products to specific retail outlets and warehouses.

Admin Civilian Staff, Mobility Command, Nigerian Airforce, Yenagoa

August 2023 - July 2024

- Handled receipt and documentation of signals and letters
- Handled dispatching of letters and signals after processing to specific units in the command.
- Engaged in planning and organizing of events presented by the command.
- Successfully sent several proposals to the Air Officer Commanding, passed vetting screening and a plausible recommendation to the Naval force for research extension.
- Carried out five-months thorough fieldwork with military personnel at the base and other sectors of the Nigerian Armed Forces on PTSD and Social support.

Writer/Proofreader, Livenup Co.

August 2023 - November 2023

- Wrote articles on diverse topics as it relates to humanity, academic, spirituality and psychology.
- Reviewed written material for grammar, punctuation, spelling, syntax, and formatting errors before publishing.
- Work with a team of digital marketers to pull crowds and drive traffic for the company.
- Successfully published about a dozen of articles on company's website (see livenup.com)

Digital Marketing Intern, Digitalbizguru Co.

July 2023 - December 2023

- Charged with the responsibility of email marketing, graphics designing, social media management and growth strategist.
- Successfully created and designed a business and marketing plan for two clients' business, which is potent and ongoing.
- Handled creation of contents, scheduling activities, and engaging target audience using copy writing for clients' digital business.
- Conducted analytics successfully, in view to promote and follow up business and product to grow firm target market.

Asst. Event Planner and manager, Beatus Event Limited

August 2022 - February 2024

- Event specialist, coordinator of all events (Corporate or private events for both individuals or companies)
- Charged with the role of drafting and designing event timeline and event flow for client's events.
- Handled sourcing for client and event, while running a thorough profiling, and contract negotiating with clients.
- Functioned as a quality control manager (of event timeline and scheduling) and execution.

- Successfully planned an event as head coordinator from start to finish, with a team of coordinators.

Proofreader/Typist, CIDJAP Press

October 2018 - December 2022

- Responsible for typing, editing, designing, resizing of materials (academic book, fictional books, articles, assessment and examination materials).
- Formated, managed the storing and recording of files/data on a company's computer to generate basic, pre-established reports.
- Reviewed printed material for accuracy, completeness and quality. Made adjustments to produce highest quality results.
- Handled collation, assembling and preparation of materials after printing.

Administrative Secretary, Frandys Investment.

2014 - 2016

- Maintenance of designated company's goods, and office materials
- Kept an inventory of office supplies and ordered new ones as necessitated
- Responsible for handling Weekly Payment Schedules and Maintenance fee for workers (engineers).
- Manged, sorted and delivered incoming equipment and company assets to designated engineers in other states or cities.
- Handled the preparation and processing of bills and other documents to client's companies.

SKILLS

- Creative Writing
- Microsoft Office
- Graphics designing: Corel Draw, Canva
- Landing Page design: Elementor
- CRM tools (Hubspot, Zendesk, Notion)
- MetaSuite, SLACK

AWARD

Award of Excellence (For excellent contribution during Corp service year): Nigerian Airforce, Mobility Command, Yenagoa

INVITED TALKS/PRESENTATIONS

Esther Chukwuchebe. O. (2024). “Strengthened Mindset For Productivity”: Empowering youths for the unannounced digital evolution at the Ketalz Tech Hub Youth Upskill workshop, Enugu, Nigeria.

Esther Chukwuchebe. O. (2023). “Assertiveness: Taking Responsibility Seminar”, Jesus The Solid Rock Foundation (JTSRF) Secondary School, Enugu, Nigeria.

PROFESSIONAL AFFILIATION

- Nigerian Association Of Psychology Student (NAPS)
- War Against Drug Abuse, WADA Club- NDLEA, Nigeria.
- American Psychological Association (APA)
- Digital LaunchPad Marketing Hub (Digitalbizguru), Nigeria.
- Dewdrop Group

CONFERENCES/FORUMS ATTENDED

2018 Scientific Conference/Workshop: Relationship and Wellbeing. Nigerian Association of Psychology Student (NAPS) Conference, Enugu, Nigeria.

2021 Wellbeing in a Changing world. 8th Annual Conference, Nigerian Association of Psychology Student (NAPS) Conference, UNN, Enugu, Nigeria.

2022 Priest Peace and Justice Initiative (PPJ) Conference, Calabar, Nigeria.

2022 Capacity building workshop on public procurement process for TETFUND beneficiary Institutions. TETFUND (Tertiary Education Trust Fund), Enugu, Nigeria.

2022 Nigerian Youth and The Challenge of Leadership: A Psychological Perspective. 6th Annual National Convention of the Nigerian Association of Psychology Student (NAPS) Conference, Enugu, Nigeria.

2024 Entrepreneurial Mindset development: Entrepreneurial Annual Skill Digital Training, SCM Nigeria.

VOLUNTEERING/COMMUNITY SERVICE

Member and Program Lead: Dewdrop Foundation Nigeria.

June 2025 - Present

- Led community initiatives aimed at educating youth and vulnerable populations about the consequences of elder abuse and the benefits of education
- Supported Dewdrop Foundation's mission to empower vulnerable community groups, particularly women, youth, the elderly, and domestic workers, through inclusive development activities.
- Co-led outreach campaigns that educated local communities on rights, inclusion, and sustainable development — advancing awareness and engagement among marginalised populations.
- Organised and digitally cover all programs to ensure smooth documentation and visibility of foundation priorities, including logistics and support for community-based programs.

Treasurer and Member, NDLEA; War Against Drug Abuse (WADA) Club, Community Development Service (CDS)

September 2023 - Present

- Managed monetary donations and support for the movement.
- Participated in community outreach efforts to raise awareness about the signs, risks, and consequences of drug abuse.
- Assisted in facilitating support groups or counseling sessions for individuals in recovery or seeking assistance.

Activist, CitizenGO Foundation, Community Service

January 2024 - August 2024

- Participate in petitions and promotion by the agency online.
- Participated online in events to raise awareness about the impact of drug abuse and advocate for evidence-based interventions.
- Advocated the dignity of human life through impactful policies of the community on specific events dates.

Activist, Shared Hope International

January 2024 - March 2025

- Supported and signed petitions that benefited the community mission against sex trafficking and slavery.
- Participated actively to promote campaigns virally online.
- Attend Just Conference symposium on sex trafficking virtually

Member and Activist, Busasowo Foundation

April 2022 - October 2022

- Participate and assist with mobilization to sensitization venues.

- Assisted in planning for outreach and other strategies that address the specific needs and vulnerabilities of survivors and active users.

REFERENCES

Dr. C.J Aliche

Senior Lecturer

Department of Psychology, University of Nigeria, Nsukka.

Phone: (+234) 8034431680

Email: joseph.aliche@unn.edu.ng

Dr. Joy Nzenwaku

Senior Lecturer

Department of Psychology, University of Nigeria, Nsukka.

Phone: (+234) 706 301 5233

Email: joy.nzewaku@unn.edu.ng