

Pedro Pinheiro Coelho

Work & Organizational Psychologist | PhD Candidate

📍 Albufeira, Portugal

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🌐 CIÊNCIA ID:
4014-CC93-1292

PROFESSIONAL PROFILE

Psychologist and PhD candidate at the University of Algarve (Centre for Research in Psychology), specialising in psychosocial risk prevention, occupational health, job crafting, and employee well-being. Combines research expertise with applied practice: clinical direction of a psychology centre, organisational well-being consultancy, and evidence-based training programmes in workplace mental health literacy and resilience. Recipient of the 2024 Healthy Workplaces Award (OPP / ACT). Full member of the European Academy of Occupational Health Psychology and the American Psychological Association (APA). Holder of the European Certificate of Psychology (EuroPsy).

AREAS OF EXPERTISE

- Occupational Health Psychology
- Psychosocial Risk Assessment & Prevention
- Mental Health Literacy & Resilience Programmes
- Evidence-based Psychological Intervention
- Job Crafting & Work Design
- Workplace Well-being & Burnout
- Organisational Behaviour & Performance
- Research Methods & SPSS Analytics

PROFESSIONAL EXPERIENCE

Clinical Director & Psychologist Jun 2015 – Present

Valorizar – Psicologia | Lagoa, Portugal

- Technical direction of a clinical psychology centre providing individual therapy and organisational consultancy.
- Design and delivery of occupational health programmes focused on psychosocial risk prevention and healthy workplace promotion.
- Assessment of psychosocial risks and implementation of evidence-based interventions in client organisations.

Organisational Well-being Consultant Apr 2022 – Present

ADR Quinta São Pedro IPSS | Lagoa, Portugal

- Provision of occupational health consultancy services, including psychosocial risk assessments and prevention plans.
- Development and facilitation of training programmes in mental health literacy, resilience, and psychological well-being.
- Recognised with the 2024 Healthy Workplaces Award (Ordem dos Psicólogos Portugueses / ACT).

Psychologist & Trainer Jan 2024 – Present

O Companheiro IPSS | Lisboa, Portugal

- Development and delivery of mental health literacy, emotional regulation, and resilience programmes for incarcerated individuals.
- Psychoeducational group interventions aimed at promoting psychological competencies and supporting social reintegration.

President & Psychologist Jun 2024 – Present

PSIBAL – Associação Saúde Psicológica e do Bem-estar do Algarve | Algarve, Portugal

- Leadership and coordination of community mental health promotion projects, public awareness events, and pro bono interventions.
- Organisation of the 1st Mental Health Conference (Jornadas de Saúde Mental) in the Algarve region.

Human Relations & Hotel Operations Coordinator Jan 2012 – Nov 2014

RGV Hotelaria | São Paulo, Brazil

- Management of daily hotel operations and HR functions including recruitment, training, and team leadership.
- Implementation of quality improvement processes with measurable impact on guest satisfaction and operational efficiency.

EDUCATION

PhD in Psychology (in progress) Sep 2023 – Present

University of Algarve – Centre for Research in Psychology (CUIP) | Faro, Portugal

Research focus: Psychosocial risks, job crafting, and turnover intention in the hospitality sector.

MSc in Work Psychology and Occupational Health Sep 2020 – Oct 2022

ISMAT – Instituto Superior Manuel Teixeira Gomes | Portimão, Portugal

Post-Graduate Specialisation in Clinical and Health Psychology Oct 2024 – Oct 2025

INSPSIC | Lisboa, Portugal

Post-Graduate Specialisation in Animal Welfare Psychology Feb 2023 – Feb 2024

ISPA – Instituto Universitário | Lisboa, Portugal

BSc in Psychology Sep 2018 – Jan 2020

ISMAT – Instituto Superior Manuel Teixeira Gomes | Portimão, Portugal

BSc in Psychology (pre-Bologna) Sep 2003 – Jun 2008

INUAF – Instituto Superior Dom Afonso III | Loulé, Portugal

PEER-REVIEWED PUBLICATIONS

- Coelho, P., Jesus, S. N., & Viseu, J. (2025). Job crafting in hospitality: a systematic literature review. *Journal of Hospitality and Tourism Insights*, ahead-of-print.
- Moreira, A., Inácio, S., Coelho, P., & Garcia, M. (2022). Engagement and performance: The role of burnout. *Academia Letters*.

SELECTED CONFERENCE PRESENTATIONS

- Pinheiro Coelho, P., de Jesus, S. N., & Viseu, J. (2025). Psychosocial risks, job crafting and turnover in the hospitality sector. V Junior Research Symposium in Psychology, University of Algarve, Faro, Portugal.
- Pinheiro Coelho, P., de Jesus, S. N., & Viseu, J. (2025). Job crafting in hospitality: a systematic literature review. V Junior Research Symposium in Psychology, University of Algarve, Faro, Portugal.
- Pinheiro Coelho, P., de Jesus, S. N., & Viseu, J. (2024). How psychosocial risks in the hospitality sector influence employee well-being and satisfaction, and how those experiences affect turnover intentions. 6th Congress of the Ordem dos Psicólogos Portugueses & XIII Ibero-American Congress of Psychology, Lisbon, Portugal.
- Pinheiro Coelho, P., de Jesus, S. N., & Viseu, J. (2024). Psychosocial risks and job crafting in hospitality: implications for well-being and turnover. X International Psychology Congress, University of Algarve, Faro, Portugal.

PROFESSIONAL MEMBERSHIPS & CREDENTIALS

- **European Certificate of Psychology (EuroPsy):** PT-069542-202401

- **Full Member:** European Academy of Occupational Health Psychology (EA-OHP)
- **Full Member:** American Psychological Association (APA)
- **Full Member:** Ordem dos Psicólogos Portugueses (OPP)
- **Certified Trainer (CCP):** F667571/2018 | E-Trainer: 7473/2025

SELECTED CERTIFICATIONS & TRAINING

- Primary Prevention of Psychosocial Risks – Level II | OPP (2024)
- Primary Prevention of Psychosocial Risks – Level I | OPP (2022)
- Psychological Intervention in Prison Settings | OPP (2024)
- Psychological Intervention with Older Adults | OPP (2024)
- Psychology Services via ICT (Remote/Online) | OPP (2024)
- Recruitment & Selection Techniques for Psychologists | OPP (2023)
- High-Performance Teams | OPP (2022)
- Mindfulness-Based Stress Reduction (MBSR) | UCSD Center for Mindfulness (2021)
- Psychological Intervention with Refugees and Asylum Seekers | OPP (2022)

LANGUAGES

Language	Listening	Reading	Writing	Speaking	Interaction
Portuguese	Native	Native	Native	Native	Native
English	C1	C2	C1	C1	C2
Spanish	C2	B2	B1	B2	B2

TECHNICAL SKILLS

Research & Data: SPSS, systematic review methodology, psychosocial risk instruments (e.g., Copenhagen Psychosocial Questionnaire – COPSOQ)

Technology: Microsoft Office Suite, Google Workspace, AI-assisted productivity tools

Intervention: Occupational health consultancy, psychosocial risk assessment, MBSR, group psychological intervention, psychoeducational programme design

AWARDS

- **Healthy Workplaces Award 2024** – Ordem dos Psicólogos Portugueses (OPP) & Autoridade para as Condições do Trabalho (ACT)
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