**RAMANDEEP KAUR**

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# OBJECTIVE

To provide dedicated and compassionate personal care with a commitment to enhancing clients' quality of life through attentive, respectful, and personalized support, ensuring their well-being and independence in home and healthcare settings.

# SKILLS AND ABILITIES

* **Listening Skills:** Empathetic, respectful, and attentive to clients' needs.
* **Effective Communication:** Confident communicator with experience in public speaking.
* **Language Proficiency:** Fluent in English.
* **Organizational Skills:** Skilled at balancing workloads and managing multiple tasks effectively.
* **Leadership Skills:** Ability to motivate and inspire others; experience leading small teams.
* **Meal Preparation Skills**: Knowledgeable in food safety and preparation; experience preparing meals for diverse dietary needs.
* **Adaptability:** Comfortable working in varied environments and adapting to changing situations.
* **Self-Reliance:** Proven ability to work independently under minimal supervision.
* **Physical Strength:** Experienced with physical tasks, including assisting clients with mobility.

# EDUCATION

* **Personal Support Worker**, Hart College of Cardiac Sonography & Health Care Inc., Toronto, ON, 2024
* **First Aid and CPR Level C Certification**, Canada Guard Security, Brampton, ON, 2022
* **Food Safety Certification,** Safe Check® Advanced Food Safety Certification, ON, 2024
* **Gentle Persuasive Approaches (GPA) in Dementia Care Certification**, Advanced Gerontological Education (AGE) Inc., ON, 2024.

# EXPERIENCE

**Personal Support Worker (Field Placement) [July 2024] – [September 2024] Extendicare - Westside Long-Term Care Centre, Etobicoke, ON.**

* Assisted with meal preparation and served meals to 35 residents daily, ensuring dietary needs and preferences were met.
* Provided personal care, including bathing, grooming, dressing, and toileting, to support residents’ dignity and comfort.
* Operated mechanical lifts and mobility aids to safely assist clients with transferring and repositioning, following all safety protocols.
* Monitored residents’ well-being and reported any health or behavioural changes to nursing staff promptly.
* Supported residents in maintaining independence with daily living activities, fostering a positive and respectful care environment.
* Collaborated with healthcare teams to coordinate care plans and provide comprehensive, person-centred care.

**Childcare Provider (Part-time) [January 2023] – [March 2024] Private Family, Brampton, ON**

* Cared for children aged 2 to 9 years, ensuring a safe, nurturing, and stimulating environment.
* Developed and implemented age-appropriate activities to foster social, cognitive, and physical development.
* Assisted with meal preparation and feeding, adhering to dietary preferences and safety standards.
* Maintained open communication with parents regarding daily activities, progress, and any concerns to support overall family well-being.

**Security Guard (Casual) [June 2023] – [Present] AFIMAC, Guelph, ON**

* Deployed to various types of assignments including Labour Disruptions, Organized protests, Man made crisis/disasters (crime scenes, structural fires, etc.)
* Previous experience dealing with confrontational situations and having the ability to de-escalate with little to no supervision.
* Excellent report writing skills, ensuring clear documentation of incidents and responses.