

# MANPREET

7056187200 Manpr3010@gmail.com  
977 Notredame Avenue, Sudbury | Ontario | P3A2T7

## PROFESSIONAL SUMMARY:

Caring and committed Developmental Services Worker (DSW) with practical experience supporting individuals in community living settings. I focus on person-centered care, helping people with developmental disabilities live with dignity, independence, and choice. Skilled in daily living support, behavioral strategies, and effective communication. I work well as part of a team and always advocate for the rights, needs, and goals of the people I support.

---

## WORK EXPERIENCE

### Support Worker in Community Living

Now

- Provide daily support to individuals with developmental disabilities in a residential and community-based setting.
- Assist with personal care, meal preparation, medication administration, and household tasks.
- Promote independence and inclusion by encouraging participation in community activities and decision-making.
- Follow person-centered plans and behavior support strategies to ensure safety and well-being.

### DSW Placement Experience (Adult health and wellness )

March 2025 -April 2025

- Assisted individuals with developmental disabilities in achieving personal goals and independence.
- Provided individualized support, including personal hygiene, meal preparation, and life skills training.
- Collaborated with interdisciplinary teams to ensure comprehensive support.
- Encouraged community engagement by assisting clients in recreational and employment activities.

### Tim Hortons - Dowling ON.( Team Member and Baker)

Aug 2024- Aug 2025

- Delivered customer service in a fast-paced environment, enhancing adaptability and multitasking skills.
- Maintained a clean and organized workspace, adhering to health and safety protocols..
- Processed over 200 transactions daily with precision, contributing to a seamless customer experience while maintaining accurate cash handling and balancing the register at the end of each shift.

## EDUCATION

### Developmental Services Worker (DSW) Program

### Cambrian College, Sudbury, ON |Expected 2026

- Relevant Coursework: Person-Centered Support, Behavioral Interventions, and Community-Based Inclusion
  - Training in advocacy, crisis intervention, and skill development for individuals with disabilities.
- 

## CERTIFICATES:

- CPR and First Aid
  - Food Handler
  - WHMIS (Workplace Hazardous Materials Information System)
  - Health and Safety for Care Workers
  - Driving licence (Own Vehicle)
- 

## CORE COMPETENCIES:

- Person-centered care
- Leadership
- Teamwork and collaboration
- Behavioral support and intervention
- Documentation and progress tracking

## References

Available on Request