

SAHAJVEER KAUR

Email: sahajsoni975@gmail.com

Phone: 905-965-6608

Address - Brampton, ON L6P1R8

EDUCATION

Humber Polytechnic

Certificate - Culinary Skills
(September 2024 - April 2025)

Seneca Polytechnic

Certificate - Personal Support Worker
(May 2025 - December 2025)

SKILLS

- Communication
- Problem-solving
- Critical thinking
- Attention to detail
- Adaptability
- Teamwork

CERTIFICATIONS

- Food Handler Certificate
- Security Guard Licence
- GPA
- WHMIS
- First Aid Certificate
- CPR Level C Certificate
- Vulnerable Sector Check
- Ministry of Labour

REFERENCES

Jocelyn Galwat
Personal Support Worker
Chartwell Thornhill Retirement Residence
Contact - 647-444-2790

SUMMARY

Motivated and reliable worker with strong communication and teamwork skills. Quick to learn and adapt in different environments, staying organized and efficient. Focused on supporting the team and delivering quality work every day.

WORK EXPERIENCE

Personal Support Worker Chartwell Thornhill Retirement Residence, Thornhill, Ontario (November 2025 - December 2025)

- Assisted residents with daily living activities, including personal care and mobility support.
- Monitored and recorded residents' health conditions, reporting changes to supervisors.
- Maintained a safe, clean, and hygienic environment for all residents.
- Provided emotional support and companionship to enhance residents' wellbeing.
- Collaborated with healthcare team members to ensure quality resident care.

Personal Support Worker Humber River Hospital, Toronto, Ontario (September 2025 - November 2025)

- Assisted nursing staff in providing patient care and support.
- Monitored patient conditions and reported observations to healthcare professionals.
- Maintained cleanliness and hygiene standards in patient areas.
- Supported patients with mobility, feeding, and daily activities.
- Collaborated with hospital staff to ensure efficient and compassionate patient care.

Vendor Sampling Representative - Walmart (Brand Momentum) 9455 Mississauga road, Brampton, Ontario (September 2025 - December 2025)

- Conducted in-store product demonstrations and sampling to engage customers.
- Educated customers on product features and benefits.
- Collected and reported customer feedback to support marketing strategies.
- Maintained organized and visually appealing sampling displays.
- Represented Brand Momentum at Walmart by engaging shoppers, highlighting product benefits, and supporting promotional activities.