

TWISHA BARIYA

Phone: 437-599-9420

Email: twishabariya@gmail.com

Address: Regina, Saskatchewan

PROFESSIONAL SUMMARY

Dedicated and compassionate Personal Support Worker with proven expertise in delivering high-quality care and support to individuals with diverse needs. Skilled in assisting with daily living activities, promoting emotional well-being, and maintaining a safe, respectful environment. Known for strong communication, attention to detail, and a client-centred approach that enhances quality of life. Committed to upholding dignity and fostering independence through empathetic, reliable care.

EDUCATION

Sheridan College

August - 2025

Personal Support Worker (PSW) Certificate

CERTIFICATES

- [CPR Certificate](#)
- [Fundamentals of Hospice Care Core Program Certification](#)
- [COVID-19 \(3 doses\)](#)
- [Mask Fit](#)
- [Police Vulnerable Sector Check](#)
- [Food Handler Certificate](#)
- [PREP LTC Certificate](#)
- [PSW/HCA Microcredential Certificate](#)
- [Team Essentials C Certificate](#)
- [Health and Safety Certificate](#)
- Ministry of Labor Certification

EMPLOYMENT EXPERIENCE

Personal support worker (Placement)

The village of Erin Meadows, Mississauga, ON Retirement home

- Provided respectful, person-centered assistance with daily living activities including hygiene, mobility, and toileting.
- Maintained a safe, clean, and supportive environment aligned with care standards.
- Observed and communicated changes in residents' physical, emotional, and cognitive health to the healthcare team.

- Encouraged social interaction and emotional wellness through active companionship and conversation.
- Engaged in team collaboration and ongoing training to continuously improve caregiving practices.

Food Service Worker | Customer services

April 2024 – August 2024

Chipotle Mexican Grill- London, Ontario

- Provided high-quality customer service by assisting guests with orders and ensuring satisfaction.
- Maintained high food safety standards and followed strict hygiene protocols.
- Processed transactions accurately, handling cash, debit, and credit payments.
- Collaborated with team members to maintain a smooth and fast-paced workflow.
- Prepared food efficiently while adhering to portion control and quality standards.

Customer Service Associate

November 2024 – January 2025

Dollarama | Etobicoke, Ontario

- Assisted customers with inquiries and provided exceptional service.
- Stocked shelves, maintained store organization, and managed inventory.
- Resolved customer complaints and provided solutions to enhance the shopping experience.
- Maintained a clean and organized work environment.
- Efficiently used POS systems and other relevant technologies for accurate and streamlined sales transactions.

SKILLS

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> • Soft Skills: | <ul style="list-style-type: none"> Communication Time management Interpersonal Customer Service | <ul style="list-style-type: none"> Adaptability Teamwork Organization Observation |
| <ul style="list-style-type: none"> • Professional Skills: | <ul style="list-style-type: none"> Personal Care Assistance Medication Administration Patient Advocacy Companionship & Emotional Support | <ul style="list-style-type: none"> Emergency Response Record Keeping & Documentation Knowledge of Healthcare Regulations |
| <ul style="list-style-type: none"> • Computer Skill: | <ul style="list-style-type: none"> Familiar with Microsoft Office (Excel, Word, PowerPoint, Microsoft Outlook) | |