

Rita Adhikari

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OBJECTIVE

I am a certified Health Care Aid with four years of experience in Health care sector and commitment to creating an environment of compassion, dignity and respect.

Personal Traits

- Passionate to help people in providing care and support
- Excellent time management skills
- Maintain a positive and happy demeanor
- Strong attention to details and maintains effective reporting strategies
- Highly motivated, able to work independently with minimum supervision.
- Can easily adapt to various job responsibilities, hardworking, can work under pressure, efficient and trustworthy
- Respects confidentiality, and maintain healthy relationships
- Valid class 5 Alberta driving license
- Highly skilled in using MS Word, Excel, PowerPoint, Email, Internet, social Networking and Premier Spa Software, Pivot Point, Meevo, Fresha Partner

Educational Qualifications

- Higher Secondary Level (Faculty Education) Ujjwal Vidhya Vikash HSES
- Naya Bazar, Kathmandu, Nepal
- Certificate in Health Care Aide ,ABM College Calgary,AB,Nov2018
- Certificate in PointClick Aug,2018
- CPR-Level HCP,standard First Aid and AED Canadian Red cross ,Sep 2018
- Healthcare Hospice and Palliative Care Certification,Nov 2018
- Advanced Medication Certification,Nov 2018
- Alzheimer Society Introduction to Demrntia (Best Friends Certificate),

- Care West pathway to Dementia ,Nov 2018
- Certificate in It's your Move Aug,2018
- Introduction to Foot Care, Nov 2018
- Food Safety, May 2018
- WHIMIS,July 2018
- AGLC ,Aug 2015
- Certified in Hair Cutting from Style Makeover,Narayanghat , Nepal.2022
- Certified in Nail Technician from Style Makeover, Nepal.2022
- Certified in Chemical for hair form Style Makeover Nepal,2022
- Certified in Dermal and advance Facial from Style Makeover .2022
- Certified in Makeup from Style Makeover ,Nepal. 2022

Career Graph

Health care Aide(Practicum), Bethany Harvest Hills, Retirement Home,
Calgary Oct2018-Nov2018

- Assisted clients with all types of personal care needs, including clients with dementia in their activities of daily living, medication requirements and taking vital signs
- Participated in the service plan and reported changes in the client's condition
- Adapted and responded to client's requirements while working within the established service plan
- Lifted and transferred patients, using mechanical lifts (pinpoint belt)
- Supported clients during mealtimes and recreation activity
- Experienced in Point Click care for 5 weeks

Mc College Esthetician September 3rd till April 2nd 2025

- Medi Spa: Microdermabrasion Facial, Chemical Peels, Dermaplaning with Facial, Derma rolling with Facial, galvanic, high frequency, microcurrent.
- Dermal and Body Therapy: Costume Facial, Acne Facial, Sensitive Facial, Hydro facial, Relaxation Massage, Hot stone massage, Body scrub and Wraps.
- Nail Technology: Classic and Spa Manicures, Classic and Spa Pedicures, Shellac, Artificial Acrylic Nails, Hard Gel Nail, Different type of nail Arts.

- Hair Removal: Facial wax, Brow wax, Upper lip Wax, Sideburn wax, full Arm wax, half arm wax, full leg wax, half leg wax, underarm wax, bikini wax, Brazilian wax, Full body wax. (able to do with soft wax, hard wax and sugaring).
- Enhancements: Lash Tint, Brow tint, Brow Lamination, Lash Lift, Eyelash Extension.
- Makeup: Natural Makeup, Evening makeup, Runway makeup, Festival Makeup, Old Age makeup, Bridal Makeup, Cut crease Makeup.

Personal Support Worker, Trinity Place Foundation (Peter Coyle Place),
May ,29,2023 till 28 Feb 2024

Health Care Aid, Extendicare Cedars Villa, April,2,2019 till May 28,2023

Health Care Aid,CBI Home Health Feb 4,2019 till Nov ,26,2019

Restaurant Manager, Wendy's Restaurants, September 26, 2017 till June 29, 2018

Restaurant Hostess & Server the Coast Plaza Hotel & Conference Center July 2015 till July 30 2016

Receptionist in Zen Spa| Beach Rotana Hotel, Abu Dhabi, UAE | 2010-2014

Responsibilities:

- Oversee all reservations, payment and tracking procedures with regards to spa treatment reservations.
- Create a warm welcome and a friendly atmosphere.
- Ensure all the reception area is tidy and clean and that all products are refilled.
- Encourage sales through full knowledge of product and price.
- Explain the treatments well to the guests.
- Handle guest complains in efficient and professional manner.
- Escorts Guest before & After Treatment.
- Prepare Products for the treatments.