**Mahek Bhatt**

Calgary, AB | mahek.kbhatt10@gmail.com | (780) 200-6196

**EDUCATION**

**University of Calgary**  Calgary, AB

Bachelor of Science in Kinesiology September 2022-Present

**Sir Winston Churchill High School** Calgary, AB

Alberta High School Diploma September 2019-June 2022

**WORK EXPERIENCE**

**Golden Edge Skating Academy** Calgary, AB

Skating Coach March 2022-Present

* Created lesson plans and taught skating skills based on the level of skaters
* Coached skaters’ by identifying areas of improvement and corrected technique when needed resulting in development of the skaters skills
* Evaluated skaters’ performance by making report cards as form of communicating progress
* Managed up to 3 assistants that helped demonstrate skills and ensure the safety of the skaters on ice
* Coached dryland training exercises to ensure skaters were warmed up, and had correct technique for on-ice jumps/spins

**LEADERSHIP EXPERIENCE & VOLUNTEERING**

**Adapted Physical Activity for Kids** Calgary, AB

Volunteer May 2023-Present

* Helped children with a physical or cognitive disability learn how to get active by teaching them how to play different games/sports

**UofC Active Living: Rehab & Fitness Program** Calgary, AB

Volunteer September 2023-June 2024

* Assisted adults with physical disabilities in completing their exercises by counting reps, spotting them, and ensuring the exercises are being done correctly

**Sehat Nolan Hill Medical Centre** Calgary, AB

Assistant Receptionist May 2023-September 2023

* Greeted incoming customers professionally and provided friendly, knowledgeable assistance
* Provided assistance for administrative work by booking appointments and answering emails
* Took height, weight, and blood pressure of patients
* Maintained clinic organization and stocked needed supplies

**Certifications/Skills**

**Certifications:** Certified First Aid & CPR/AED, Trained CanSkate & Regional Coach for Skating, TCPS 2: Core 2022

**Languages:** English, Gujarati, Hindi

**Computer:** Google Suite, Microsoft Suite (Excel, PowerPoint, Word), basic knowledge in Java/Python, Linux, Gimp