

**CHARISSE CRYSTEL D. CUDAL**

#08 Duke St. Tivoli Court Kowloon Tong, Hongkong

Email: charm10140@gmail.com

Mobile No.: +85260342884

**Objectives**

I am a person-oriented and responsible individual with a nursing background. With experience of care giving and tutoring English language in an international context. I am an enthusiastic caregiver, meticulous, and responsible who thrives in helping people. I am looking for a caregiver position which will allow me to develop my nursing and social care skills in Finland.

**PERSONAL DATA**

Age:	37 years old
Birth Date:	December 25, 1986
Religion:	Roman Catholic
Citizenship:	Filipino
Language:	Tagalog, English
Status:	Single

**Skills**

- Medical knowledge and light task including dressing wounds and administering medication
- Meal planning and preparation
- Cleaning and home organization
- Bathing and dressing patients
- Taking patients to appointments
- A hardworking person who is flexible and fast learner
- Willing to exert effort to accomplish task and responsibility
- Compassionate
- Detail-oriented
- A good listener

**Educational Background**

Tertiary:	Bachelor of Science in Nursing Lyceum - Northwestern University Tapuac District, Dagupan City Sy: 2003 – 2007
Secondary:	Mangatarem National High School

Bunlalacao Mangatarem, Pangasinan  
Sy: 1999 – 2003

Primary: Bunlalacao Elementary School  
Bunlalacao Mangatarem, Pangasinan  
Sy: 1993 - 1999

## **Job History**

### **July 1, 2012 – February 1, 2013**

DECENA MEDICAL HOSPITAL

Volunteer Nurse

- Monitoring patients
- Assisting patients in the ER
- Administering medications
- Keeping notes on patients progress

Bonuan Dagupan Pangasinan, Philippines

### **March 11, 2013 – June 11, 2015**

Session English Academy

ESL Teacher (Offline)

- Organizing coursework and learning materials
- Assessing student progress

### **November 3, 2014 – June 19, 2015**

Session English Academy

ESL Teacher (Online)

- Organizing coursework and learning materials
- Assessing student progress
- Creates individualized plans for students with special requirements (e.g. learning disabilities)
- Create a supportive and positive classroom environment

### **July 5, 2016 – June 5, 2018**

Kristine Lumley-Holmes

Full-time Governess and Private Nurse

- Close monitoring of their diets
- Administering medications
- Supervising their activities
- Organizing their appointments both medical and extra-curricular
- Ensures that everyone is where they are supposed to be in a timely manner

28 Beechwood Grove, Singapore 738280

### **July 21, 2018 – Present**

Li Ka Yan

Full-time Nanny and Housekeeper

- Preparing meals
- Handling domestic chores
- Transporting the children to school, activities or appointments
- Helping and assisting with the children's homework
- Organizing playtime with the children

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## **Trainings Attended**

### **CTEISI ESL Program**

Facilitating ESL Class, Grammar Clinic, Mastery on Sounding the American English

October 19, 2013; November 16, 22, 2013

### **EXPAT KITCHEN'S BASIC COOKING**

Enable to cook a variety of dishes suitable for individuals' diet, kitchen hygiene and sanitation

August 1, 2016 – August 10, 2016

### **COMPREHENSIVE PRE-DEPARTURE PROGRAM**

Language Seminar, Culture Familiarization Seminar, Stress Management Seminar

June 11,12,13 2018