

SAMANTHA HEERALAL

51 Mc Inroy Street, Curepe, St. Augustine

Phone: (868) 688-7264

Email: samantha.heeralal@gmail.com

Objective:

To acquire a position within an organization that challenges and increases knowledge base as well as enables and encourages personal growth and success.

Work Experience:

Bali Bliss Spa and Yoga Shala

March 2014 - Present

Masala Bhangra Workout® Instructor

- Planning, marketing, and conducting of Masala Bhangra® workout sessions.
- Promoting a holistic approach to health and wellness through the workout program.

The National Institute of Higher Education, Research, Science and Technology

October 2013

Visitor Guide

- Escorting groups through the Sci-TechKno fest arena to various attractions
- Scheduling, planning and successfully executing safe school visits to the center

The University of the West Indies

May, 2011 - May, 2014

Admissions Student Advocate

- Providing tours of the University campus to prospective students as well as the wider public.
- Promoting the University throughout the nation via School Visits and Career Days.
- Successfully completing administrative duties within the Student Recruitment Office.

GTM Insurance Company Limited

February, 2012 - May, 2012

Underwriting Processor

- Data entry, processing and issuance of insurance policies for direct customers and insurance brokers.
- Interfacing with customers, providing quotations and general information.

Education:

The University of the West Indies

September, 2010 - Present

Bachelor of Science, Human Nutrition and Dietetics

ASJA Girls' College San Fernando

September, 2003 - June, 2010

Completed CAPE: 8 Units

Completed CSEC: 8 Units

Co-Curricular/Volunteer Experience:

Student Health Ambassador 2014 - Present

- A student representative that works in conjunction with the Health Services Unit on the University of the West Indies Campus to promote and encourage health and well-being.

One Billion Rising; Strike, Dance, Rise! 2013 and 2014

- Local organizer of Strike, Dance, Rise! Trinidad and Tobago; an annual event focused on the support and uplifting of women and girls in abusive relationships and situations through the use of dance.

Movie Towne Short Film Competition 2009

- Directed and produced a short film which challenged youth to research issues that affects society.

Tutor with the Muslim Home for Children 2009 - 2010

- Tutor of girls between the ages of 7 - 16 in their respective areas of study.

Big Sister Program 2008 - 2010

- Mentor of troubled girls between the ages of 11 – 16 of ASJA Girls' College, San Fernando.

Rotary Club Youth Leadership Awards 2008

- Represented ASJA Girls' College, San Fernando at the leadership training program that emphasizes leadership, citizenship, and personal growth.

Skills:

Computer Skills: Intermediate Proficiency Microsoft Office 2010, Beginner Adobe Premier Pro

References available on request