

# Steven Roberts

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## Skills & Strengths

**Emotional Intelligence:** Looking after my Mother who had terminal illness I became self aware of my own burnout and learned how to manage it in a healthy way. Letting go instead of trying to control. Asking for help. Sometimes it is simply taking a pause asking, what am I feeling and why, having patience with myself and others.

**Facilitation:** Being calm and non-reactive during tense times, grounding others. Maintaining flow and balance in a group. Timing and language choices based on the learned values from others.

**Psychosocial Rehabilitation:** Being an empathic listener, and a witness to what someone needs to share, creating a reflection, with myself aside. Being present so a person can discover their own path without feeling alone.

**Self Care:** Eating healthy. Low blood pressure. Green tea. Listening to music to embrace the rainbow of emotions. Staying connected with people in the community. Knowing when to rest and take time for myself. Being able to make happy little clouds, and grow like a tree with strong roots.

**Spirituality:** Everything exists the way it should. All I have to do is exist.

## Education & Training

Occupational First Aid Level 1 <i>Work Safe BC</i>	2019
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Mental Health & Addictions Program (Term 1) <i>Camosun College</i>	2018
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Hair Design Program <i>Academy of Excellence Hair Design &amp; Aesthetics Ltd.</i>	2012
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Microsoft Certified Professional <i>Microsoft Corporation</i>	1998
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Digital Systems Engineering <i>CDI College of Business and Technology</i>	1997-1998
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## **Community Involvement**

Community Outreach	Downtown Victoria	2019-2020
Secretary	The Salvation Army ARC	2018-2020
Art Program (Young Adults)	Next Steps To Employment	2019
Peers Helping Peers	Our Place Society	2019
Chairperson	Stabilization, RJH	2019
Street Outreach	Dandelion Society	2018
Program Volunteer	Our Place Society	2017-2018

## **Work Experience**

Cryptovirology Researcher	Research & Development	2017-2020
Home Health Care Aide	Family Member	2016-2018
Senior Software Engineer	KIXEYE Canada Ltd.	2014-2015
Co-Founder	Deadly Pear Games	2013-2014
Video Game Developer	KANO/APPS	2012