

Ravneet Panglia

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Education

- Ontario Graduate Certificate – Humber College 2016 - 2017
- Exercise Science & Lifestyle Management
- Honours Bachelors of Science – University of Guelph 2011 - 2016
- Major in Human Kinetics, Minor in Nutrition & Nutraceutical Sciences

Employment Experience

- Neurology Specialty Program – Toronto Western Hospital (UHN) 2017 - Present
Registered Kinesiologist & Rehabilitation Therapist
- Collaborate with an interprofessional team consisting of occupational therapists, physiotherapists, neuropsychologists and neurologists in a WSIB (Workplace Safety & Insurance Board) specialty clinic to implement return to work/community programs for individuals with mild traumatic, moderate or severe brain injuries as well as musculoskeletal injuries
 - Lead education groups on symptoms and symptom management, posture and body mechanics, nutrition and sleep hygiene, stress management and relaxation
 - Provide clients with therapeutic exercises, activities and resources to practice self-management strategies learned during treatment, in clinic and within the community
 - Facilitate client-centered group therapies including: relaxation, circuit training and work hardening/simulation to promote reactivation and readiness for return to work
 - Work directly with moderate to severe brain injured clients on cognitive, physical and psychological strategies, safe community mobility/reintegration and stress management
 - Create treatment guides and lead training of staff for virtual care, while coordinating clinical care, through virtual platforms
 - Assist clients with set up for virtual treatment using accessible platforms
 - Maintain client care in line with UHN principles and values along with the Standards and Ethical Policy of the College of Kinesiologists of Ontario
- Peekaboo Day Care Center 2015 - 2016
Supply Teacher & Support Staff
- Interacted with children, aged 1 to 3, to improve fine motor/sensory/language/speech skills
 - Created weekly activities for a diverse group of children with various abilities, providing positive reinforcement and motivation
- Reebok 2013 - 2015
Sales Associate & Cashier
- Consistently adhered to the highest standards of customer service, reflecting company directives and in accordance with company standards

Internship and Volunteer Experience

Complex Injury Outpatient Rehab (Internship) – Toronto Rehabilitation Institute 2017

- Assisted in the supervision of patients during circuit and work simulation group-based therapies, provided appropriate cueing and knowledge regarding individual exercises, body mechanics and breathing techniques
- Facilitated relaxation sessions with patients in group-based and one-on-one sessions

Student Personal Training (Internship) – Humber College 2016 - 2017

- Administered personalized fitness assessments in accordance with CSEP guidelines
- Evaluated and interpreted results of functional testing
- Created individualized exercise programs for clients based on tested results and established client needs, reinforced benefits of healthy living

Young Leaders Engagement Committee (Volunteer) – Guelph YMCA 2015 – 2016

- Researched and presented issues affecting Guelph's youth population
- Participated in weekly planning meetings, preparing for our Youth Week 2016 initiative
- Developed and implemented the "YLEC Youth Olympics", where approximately ~30 children aged 8 to 14 years old participated in a day-long event; promoting health and fitness, diversity in sport, as well as community building

SMILE Program (Volunteer) – Continuing Complex Care – Milton District Hospital 2015

- Participated in an interactive recreational program intended to prevent the onset of delirium and functional decline in elderly patients during their hospital stay
- Visited 3-4 patients in the CCC unit, one-on-one, once a week
- Engaged patients in various activities from arts and crafts to games and puzzles designed to stimulate seniors cognitively, keeping minds alert and focused

Toronto 2015 Para PanAm Games Results Associate (Volunteer) – Milton Velodrome 2015

- Accurately captured and processed data from the field of play using the timing & scoring equipment for track cycling trials and competition
- Promoted fair play during races, ensuring appropriate placement of start gates for cycles

Cardiac Rehabilitation Clinic (Volunteer) – Milton District Hospital 2014 - 2015

- Monitored cardiac rehab patients, twice a week, during exercise classes
- Maintained overall cleanliness and easy access to all areas of the gym and classroom

Skills & Certifications

- Registered Kinesiologist – College of Kinesiologists of Ontario 2018 - Present
- Motivational Interviewing Certificate – York University 2020
- Everyday Behaviour Tools Practitioner – PCMA 2018
- UHN Caring Safely & Moderate Risk Crisis Intervention Training 2018
- Leadership Certificate – University of Guelph 2016