

# Mahnoor Chaudhry

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## Skills

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- Strong organizational abilities, ensuring accurate client assessments, progress tracking, and efficient management of treatment plans.
- Empathy and resilience, effectively guiding clients through recovery journeys while maintaining understanding and professionalism in diverse situations.
- Passion for human movement and wellness, with a deep interest in optimizing physical health and improving quality of life through evidence-based kinesiology practices.
- Adaptability and curiosity, excelling in dynamic clinical and fitness settings while continuously seeking to expand knowledge in biomechanics, rehabilitation, and functional movement.

## Education

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**Bachelor of Science in Kinesiology**  
University of Calgary

**Current**

**Alberta High School Diploma**  
Lester B. Pearson Senior High School

- International Baccalaureate

**June 2022**

## Related Experience

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**Respite Worker**  
Private Employer

**Calgary, AB**  
Current (Saturdays)

- Provide one-on-one support to a 7-year-old non-verbal autistic child.
- Support development of communication skills through speech exercises and assisted communication techniques.
- Engage the child in structured activities including yoga, dance, and writing to promote motor skills, self-expression, and focus.
- Foster a safe, encouraging environment tailored to the child's individual needs and abilities.

### Volunteer

**Calgary, AB**

Taking Strides Calgary - Rhythm and Strength

February 2025 - June 2025

- Collaborate with a multidisciplinary team to support individuals with disabilities through rhythm-based movement and strength-building activities.
- Facilitate inclusive and adaptive physical fitness sessions, promoting physical health, self-confidence, and social engagement.
- Foster a supportive environment, encouraging participants to achieve personal fitness goals and develop new skills.
- Utilize communication and leadership skills to build strong connections with participants and ensure a positive experience.

**Volunteer****Calgary, AB**

Children's Adapted Physical Activity - MRU

February 2023 - December 2024

- Proficient in articulating participant's progress and needs to parents and instructors through clear and concise communication.
- Collaborate closely with instructors to align feedback with curriculum objectives and instructional strategies, ensuring a cohesive approach to participant development.
- Adapted swiftly to dynamic settings while organizing and supervising activities for children with special needs.

**Summer Camp Counsellor****Calgary, AB**

Camp Discovery (Special Needs Children's Camp)

June 2021-August 2021

- Provided individualized support and care, including assistance with daily living activities, behavioural management, and emotional support, fostering a supportive camp environment.
- Maintained a high standard of safety and supervision, conducting regular checks and ensuring adherence to safety protocols to create a secure and controlled environment for all campers.
- Assisted campers in developing social, motor, and cognitive skills through structured activities, promoting personal growth and confidence in a supportive setting.
- Responded effectively to emergencies and behavioural challenges, utilizing de-escalation techniques and problem-solving strategies to ensure the well-being of campers and a positive camp atmosphere.

**Additional Experience**

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**Youth Volunteer****Calgary, AB**

Trellis Society

August 2019 - July 2022

- Effectively communicate with seniors and their families, to understand their needs and provide appropriate assistance.
- Exercise patience and understanding when assisting seniors, allowing them the time they need to express themselves and complete tasks at their own pace.
- Adapt to the changing needs and preferences of seniors, being open to adjusting plans or approaches to better meet their expectations.

**Achievements and Certifications**

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- Student Member with Alberta Kinesiology Association (can become Practicing Student Member)
- Standard First Aid and CPR Level C - Red Cross Canada
- Welcoming All Abilities - Jumpstart
- Supporting Positive Behaviour - Jumpstart
- Respect in Sport for Activity Leaders - Jumpstart
- Keeping Girls in Sport - Jumpstart
- Alexander Rutherford High School Achievement Scholarship
- Certificate of Completion for Hospitality Training Program from Trellis Society