

Kristein May O. Bernas

Objective

Seeking any challenging position at a reputed firm or company. I consider myself to be a motivated and diligent professional. Able to work with multi-tasking challenges and responsibilities. My communication and time management skills are good. I am a good under-pressure worker who likes to learn new things.

Personal Details

Address: 59 Alex Scott Way, Dandenong VIC 3175

Mobile Phone No.: 0406709486

Email: kristeinmaybernas@gmail.com

Education

Diploma of Community Services
Central Australian College
July 2024 – Present
Level 1, 276 Flinders Street
Melbourne 3000

Certificate III in Individual Support
Central Australian College
June 2023 – June 2024
Level 1, 276 Flinders Street
Melbourne 3000

Bachelor of Science in Business Administration
Major in HRDM
Saint Mary's College of Tagum Inc.
Tagum City, Davao del Norte, Philippines
March 2016

Experiences

Personal Care Assistant – Residential Aged Care

Coptic Village Hostel – (Coptic Aged Care)

18 St Kyrillos Pl, Hallam VIC 3805

February 2024 – Present

Assisting residents with personal hygiene (ADL's), helping with mobility, assisting with meals, feeding, and providing companionship and emotional support.

Support Worker – Homecare

Compassionate Care Network (under UAW)

<https://compassionatecarenetwork.com.au/>

November 2023 – February 2024

Provide care at clients' homes such as personal care, companionship/respite care, meal preparation, and assist in light cleaning at home.

Support Worker - Homecare

Active Lifestyle (Multicultural services)

August 2023 – November 2023

Providing one-on-one care such as assisting with personal care, meal preparation, and light housekeeping. Assisting the social and emotional needs of a client and helping clients with leisure activities.

Housekeeper

Oros Hotel and Apartments – Dandenong Rd, Oakleigh VIC

June 2023 – August 2023

Responsible for cleaning and organizing rooms. Performing various cleaning activities such as sweeping, mopping, dusting, and polishing. Ensuring all rooms are cared for and inspected according to standards.

Skills/Capabilities

Highly organised and efficient

Multi-tasking

Attention to detail

Work independently or as part of a team

Communication

Time management