



# AMELIA MOORE

Senior Life Skills Instructor

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## PROFESSIONAL SUMMARY

Accomplished Senior Life Skills Instructor with 7 years of experience enhancing the lives of individuals with disabilities through customized skill-building programs. Adept at fostering independence and self-advocacy while creating inclusive environments. Passionate about empowering clients to achieve personal goals and promoting holistic development.

## WORK EXPERIENCE

### Senior Life Skills Instructor

Maple Leaf Consulting

📅 Mar / 2021-Ongoing

📍 Toronto, ON

1. Developed and implemented individualized life skills training programs tailored to client needs.
2. Facilitated workshops on personal development, enhancing self-esteem and independence.
3. Collaborated with multidisciplinary teams to optimize client care and support.
4. Monitored and documented client progress, adjusting programs as necessary to ensure effectiveness.
5. Conducted training sessions for staff on best practices in client engagement and support.
6. Advocated for client rights and needs within community settings.
7. Utilized data-driven approaches to assess program outcomes and drive improvements.

### Life Skills Instructor

Summit Peak Industries

📅 Mar / 2018-Mar / 2021

📍 Denver, CO

1. Guided clients in maintaining healthy lifestyles through nutrition and exercise coaching.
2. Supported clients in daily living activities, enhancing their independence.
3. Organized group activities that fostered community engagement and social skills.
4. Assisted clients in achieving personal, health, and financial goals through personalized coaching.

## EDUCATION

### Bachelor of Science in Psychology

State University

📅 Mar / 2015-Mar / 2018

📍 Phoenix, AZ

Focused on developmental psychology and behavior management.

## SKILLS

### Client-centered Support



### Life Skills Curriculum Development



### Behavioral Instruction Techniques



### Conflict Resolution Strategies



### Workshop Facilitation



## INTERESTS

🎨 Art

🤝 Volunteering

🌲 Hiking

🧘 Yoga

## STRENGTHS

🔍 Criticality

📋 Detail-oriented

🤝 Diplomacy

😊 Enthusiasm

## LANGUAGES



English



Italian



Japanese

## ACHIEVEMENTS

★ Launched a community outreach initiative that connected 50+ individuals with local resources.

★ Implemented a feedback system to continuously improve program delivery and client satisfaction.