

# TEJASWANI GODARA

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## PROFESSIONAL SUMMARY

Passionate and dedicated Social Worker with over 2 years of experience in providing comprehensive support and advocacy to diverse populations. Specializing in child welfare, mental health. I prioritize building strong therapeutic relationships based on trust, respect, and cultural competence. I am committed to staying informed about emerging research, best practices, and cultural trends in the field of social work. I actively seek out opportunities for professional development, including ongoing training, supervision, and participation in relevant workshops and conferences. I am deeply passionate about making a positive difference in the lives of others

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## STRENGTHS AND EXPERTISE

Record keeping	Active Listening	Time management
Report writing	Teamwork	Communication
Microsoft Office	Client Relationship Management	Crises Management
(Word,Excel,Powerpoint)	Organisational skills	Attention to detail

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## PROFESSIONAL EXPERIENCE

### LOFT, Edmonton John Howard Society Caseworker

May 2024- Present

#### Accomplishments:

- Delivered services in a client-centered, strength-based approach per unit philosophy.
- Assisted participants in developing life skills, goal plans, self-confidence, community resources, pro-social recreation, and budgeting skills.
- Completed accurate daily documentation including logbook entries, contact notes, incident reports, and medication book entries.
- Monitored personal files to ensure they were complete and up-to-date.
- Maintained accurate data collection and entry, and completed program assessments and surveys as directed.
- Acted as a role model and assisted clients with self-advocacy.
- Adapted services to meet the needs of diverse populations according to unit policy.
- Coordinated recreational activities with residents.

### The Himalayan Foundation Community Outreach Volunteer

January 2022 - December 2023

#### Accomplishments:

- Raised awareness about mental health issues.
  - Organized and facilitated mental health workshops and support groups.
  - Provided support to individuals and families affected by mental illness.
  - Assisted in organizing advocacy campaigns and events.
  - Provided support to individuals and families in accessing resources.
  - Participated in group activities and workshops focused on empowerment.
  - Collaborated with team members to provide comprehensive services.
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Accomplishments:

- Assisted in the development and implementation of treatment plans tailored to the unique needs and goals of each client.
- Observed and co-facilitated group therapy sessions on topics including stress management, mindfulness, and interpersonal relationships.
- Collaborated with licensed psychologists and counselors to review case progress, discuss treatment strategies, and receive supervision.
- Maintained accurate and confidential client records in compliance with ethical and legal standards.
- Participated in weekly case conferences and professional development seminars to enhance counseling skills and knowledge.
- Provided crisis intervention and support to clients in acute distress, including risk assessment and safety planning.

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## **EDUCATION**

**Punjab University, India**

**July 2019 - May 2022**

Bachelor's of Arts  
(Major in Psychology)

**NorQuest College, Edmonton**

**January 2024 - December 2024**

Post Graduate Diploma  
(Mental Health Practitioner)

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## **CERTIFICATES**

- Brain Story Certification course by The Alberta Family Wellness Initiative
- Internship Certificate in the area of Counselling
- Mental Health First Aid
- Non-Violent Crises Intervention
- Applied Suicide Intervention Skills Training
- Trauma-Informed Certificate by Alberta Health Services
- Alberta Health and Safety Basics for Child Care Providers
- Indigenous Canada Course Certificate by University of Alberta

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References are available on request.