

NIAZ VAHDAT

Niazvahdat@gmail.com | (226) 448-7681 | Toronto, ON

Summary of Qualifications

Proven ability to adapt and perform in fast-paced, team-oriented environments through roles in retail, healthcare, and education-focused programs. Experienced in working with children and youth, supporting structured activities, and following program goals. Strong communication and organizational skills developed through retail sales, volunteer coordination, and clinical shadowing. Comfortable managing tasks independently, collaborating with others, and contributing to positive outcomes in both community and professional settings.

Education

University of Western Ontario

September 2020 – April 2025

King's University College

Bachelor of Arts - Psychology (Dean's Honour List)

Professional Experience

Beauty Advisor — **Sephora**

August 2022 – Present

- Advisor and consultant for clients concerning personal care, health, and beauty needs
- Researched and memorized details regarding more than 65 individual Sephora brand and products
- Developed outstanding interpersonal skills through consistent communication with coworkers in a high-pressure setting

Sales Associate — **Sunglass Hut**

March 2021 – July 2022

- Responsible for store management and inventory tracking
- Improved upon communication proficiency and developed outstanding customer relation skills by interacting with clients on a regular basis
- Personally responsible for the sale of more than 270 units of inventory within 15 months resulting in roughly \$88,000 in revenue for the store

Volunteer Experience

Children's Class Teacher & Animator — **Junior Youth Spiritual Empowerment Program (JYSEP)**

July 2017 – Present

- Guide and assist children between 5-10 years old focusing on moral and spiritual education, and encourage learning about personal growth and virtues through storytelling, arts, music and cooperative games
- Facilitating and supervising a group of 11-15 year-olds on a consistent basis with the purpose of encouraging personal expression, cooperation, and involvement within their respective communities
- Working with youth to study and apply the principles from a selection of books based on spiritual and moral values designed to encourage uplifting conversation and promote community service

Physiotherapy Volunteer — **NeuPhysio North, London, ON**

February 2025 – Present

(Physiotherapy clinic specializing in neurological injuries, trauma, concussions, and sports injuries)

- Support physiotherapists in patient rehabilitation exercises and mobility training when needed
- Observe and learn treatment techniques for sports-related injuries and post-operative care
- Help set up therapy equipment and maintain a safe, clean clinical environment
- Engage with patients to provide encouragement and motivation during therapy sessions

Volunteer — **KOPD (Knock Out Parkinson's Disease), London, ON**

December 2024 – Present

(Non-contact boxing exercise program for individuals with Parkinson's disease)

- Assist in supporting boxing-based fitness classes designed to improve mobility, balance, and coordination.
- Work closely with participants to ensure safe execution of exercises tailored to their needs.
- Provide encouragement and motivation to individuals managing Parkinson's symptoms.
- Help set up equipment and ensure a supportive, inclusive and clean environment for all participants.
- Gain experience in exercise-based therapy for neurodegenerative conditions.

Hospital volunteer position—**Victoria Hospital, London, Ontario and St. Joseph's Health Centre Guelph**

January 2023 –

March 2023 and January 2024

- Shadowing a paediatric cardiologist, while observing patients and gaining experience in a hospital clinical setting, and gaining knowledge regarding various cardiac complications. Shadowing a physiotherapist and observing patients go through mobility exercises to maintain or regain the range of motion of a joint.

Security/Kitchen Staff — **Baha'i World Centre — Haifa**

August 2019 – March 2020

- Contributed to the cleaning, preparation, and service of over 700 individuals daily as a kitchen staff member
- Ensured the safety and security of tourists visiting the Baha'i Gardens by serving as a security guard and admitting an average of 850 individuals per day

Volunteer Project Experience

Survey design and construction for Daya Counselling — **King's University College at the University of Western Ontario**

January 2024 – April 2024

- Redesigned client satisfaction survey to improve data accuracy and relevance, conducted interviews and web questionnaires to gather qualitative insights, and collaborated with a diverse team to ensure cultural sensitivity and inclusivity
- Analyzed results using psychometric tools to inform service improvements, helped enhance client support by identifying key needs and addressing barriers to care, and developed proficiency in survey methodologies, including question formulation and scale selection.
- Strengthened analytical and problem-solving skills in community-based research.

Impact: Improved understanding of client needs, leading to more tailored service delivery and addressing systemic barriers to mental health care access .