

BLESSING OKEMUTE TEMISA

Stockton, TS18 3JB, United Kingdom

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PROFESSIONAL SUMMARY

I am a dedicated, reliable, compassionate, and hardworking care professional with hands-on experience in implementing individual care plans within care home environments. I possess well-developed skills in providing personal care and managing behavioral issues, aimed at promoting the wellbeing, independence, and dignity of service users. I am an effective team player with strong leadership abilities and a commitment to delivering safe, respectful, and high-quality care.

WORK EXPERIENCE

Support Worker

3D Recruit – United Kingdom

Dec 2023 – Present

- Deliver personalized care for individuals with mental health challenges, learning disabilities, and complex needs, prioritizing their physical and emotional wellbeing.
- Assist with daily living activities such as personal hygiene, dressing, feeding, and mobility, while promoting client independence and dignity.
- Implement individualized care plans and monitor client progress, ensuring support is tailored to their evolving needs.
- Encourage social inclusion by facilitating community participation and providing emotional support.
- Maintain accurate records of care activities and promptly report any changes in condition or incidents, in line with organizational and regulatory standards.

Health Care Assistant

Demidav Ltd – Northampton

Jul 2024 – Nov 2024

- Supported patients with hygiene, eating, mobility, and comfort needs, observing and reporting changes in health status.
- Used appropriate lifting equipment in accordance with moving and handling protocols.
- Adhered strictly to infection control procedures, minimizing the risk of infections.
- Observed and reported changes in skin condition to nursing staff.
- Provided compassionate care, enhancing patient satisfaction and comfort.
- Ensured a clean and safe environment in line with health and safety policies.

Sales Manager

Grace Technology and Farms – Kaduna, Nigeria

Oct 2019 – Aug 2023

- Resolved customer issues effectively to ensure client satisfaction.
 - Boosted revenue by designing and executing successful sales strategies.
 - Built long-term client relationships through exceptional service and follow-up.
 - Led and motivated a sales team, implementing performance-based incentives.
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EDUCATION

MSc. International Management (*Expected Aug 2025*)

Teesside University – United Kingdom

BSc. Biochemistry (*Oct 2019*)

Imo State University – Nigeria

HND. Hospitality Management (*May 2015*)

Kaduna Polytechnic – Kaduna, Nigeria

ND. Catering and Hotel Management (*Dec 2009*)

Kaduna Polytechnic – Kaduna, Nigeria

High School Certificate (*May 2004*)

Victory Academy – Kaduna, Nigeria

CERTIFICATIONS

- Care Certificate (Standards 1 to 15), CP Training Solutions – UK (2023)
 - Safeguarding of Vulnerable Adults, ProTraining (Jul 2024)
 - Medications Administration, ProTraining (Jul 2024)
 - CPR/Basic Life Support, ProTraining (Oct 2024)
 - Deprivation of Liberty Safeguards (DoLS), ProTraining (Jul 2024)
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SKILLS & COMPETENCIES

- Compassionate Emotional Support
- Strong Attention to Detail
- Personal and Practical Care Expertise
- Healthcare Needs Support
- Health & Safety Awareness
- Infection Control Compliance
- Record-Keeping & Documentation
- Behavioral Observation
- Anti-Discriminatory Practice
- Excellent Housekeeping
- Confidentiality & Privacy Respect
- Team Building and Leadership

- Coaching & Empowering for Independence
 - Interpersonal Communication
 - Risk Identification and Management
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AREAS OF EXPERTISE

- Records Management
 - Health & Safety Compliance
 - Basic Life Support
 - Infection Prevention
 - Team Collaboration
 - Organizational Skills
 - Logistics and Scheduling
 - Risk Management
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REFERENCES

Available on request.