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## Education

- 2002 to 2007      **Carleton University**  
Bachelor of Arts Honours  
Cultural Anthropology  
Honours Research Paper: “Mindfulness as a Treatment: A comparative analysis of two models of mindfulness”  
  
Minor in Law
- 2006 to 2007      **OREA Real Estate College**  
Graduate, Phase I, II, III (Residential)

## Employment Experience

- 2005 to present      **A.O.T. Unlimited.** – Formal/Work/Casual Wear  
Owner/Operator  
Responsible for product promotion, sales, client relations and management of merchandise.
- 2006 to 2007      **Papyrus**  
Sales Account Co-ordinator  
Responsible for strategic ordering, management and merchandizing of inventory. Also responsible for client relations and facilitating communication between client and corporate head-office.
- 2002 to 2006      **Howitt Private Catering**  
Event Co-ordinator, Floor Staff Manager  
Client relations. Facilitation and organization of events with respect to staff, catering and entertainment. Organization of promotional material design, printing/production and distribution. Organization of floor setup, entertainment and staff. Hiring and managing service and entertainment staff.
- 2003 to 2006      **Minto Suites Hotel**  
Pool and Fitness Centre Attendant  
Client service. General maintenance of facilities. Certified First Aid and CPR. Opening and closing duties.

- 2005 summer                    **The Urban Well**  
Line Cook/Kitchen Manager  
 Organization and ordering of kitchen and bar inventory. Hiring and managing kitchen staff. Training line-cooks and managers. Opening and closing duties. Preparation and presentation of food.
- 1994 to 1998  
 (1994 to 1997)                    **Lu's Taekwon-Do**  
Assistant Instructor    (Orleans, Ontario)  
 Responsible for instructing and monitoring ITF Taekwon-Do students ages 4-60. Partially responsible for office work such as answering phones and speaking with students, parents and potential students.
- (1996 to 1998)                    Instructor    (Ashbury College, Ottawa, Ontario)  
 Responsible for instructing ITF Taekwon-Do students ages 13-40 as well as planning and organizing classes.

Volunteer Experience

- 2006 to present                    **Friends for Peace**  
 Participate as a volunteer for annual events such as Ottawa River Clean-up and Peace Prayer Day.
- 2007 to present                    **Civilian Peace Service Canada (CPSC)**  
 Participate in Curriculum Development Committee and Communications Committee and acted as Liason to Organizing Committee.
- 2007 to present                    **Canadian Department of Peace Initiative**  
 Work primarily with youth chapter in Ottawa. Also help organize promotional material production and distribution for all (8) Canadian chapters.

References available upon request