

Nasrin Safi



Pre-School Teacher | Special Needs Child Educator | Clinical Psychologist | Zumba Instructor

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Professional Profile

A compassionate and skilled preschool teacher with a Master's in Clinical Psychology, I bring over 9 years of experience in early childhood education. My expertise lies in special needs education, where I have honed my skills in working with children who require unique attention and care. I am also a licensed Zumba instructor, using fitness as a tool to enhance children's physical and emotional well-being. My proven ability to design individualized education plans, manage classroom dynamics, and foster holistic development is a testament to my commitment to creating inclusive learning environments. I am deeply passionate about this, and my active engagement with parents and colleagues ensures the best outcomes for students. I am always open to learning and adapting to new teaching methods and technologies, which I believe is crucial in the ever-evolving field of education.

Core Competencies

- ✓ **Early Childhood Education:** Expertise in curriculum development, social-emotional learning, and classroom management
- ✓ **Special Needs Education:** Proficient in individualized education planning (IEPs) and behavioral interventions for children with ADHD and learning disabilities.
- ✓ **Child Psychology:** Strong foundation in clinical psychology, focusing on emotional and behavioral development.
- ✓ **Fitness & Well-Being:** Licensed Zumba instructor, incorporating physical activity into educational settings to promote health and well-being.
- ✓ **Parental Communication:** Excellent relationship-building skills with parents and guardians through consistent communication and feedback.

Professional Experience

Nursery Teacher (Inclusive Classroom) - May 2023 – Present

Saandeepani Academy of Excellence, Sarjapur, Bangalore

- Currently managing a class of 34 pre-primary children with one co-teacher
- Develop and implement differentiated lesson plans that cater to diverse learning needs.
- Foster an inclusive environment that supports children with varying abilities, promoting peer interaction and collaboration.
- Collaborate with parents, special educators, and therapists to create individualized education plans (IEPs) for students as needed.
- Conduct regular assessments to track developmental progress and adjust teaching strategies accordingly.

Direct Therapist for Children with Autism- May 2022 to Apr 2023

Stepping Stones Centre (Saandeepani Academy of Excellence)

- Provided individualized therapy sessions focused on social skills, communication, and behavioural interventions for children with autism and developmental disabilities.
- Implemented Applied Behaviour Analysis (ABA) techniques to promote positive behaviours and reduce challenging behaviours.
- Developed and monitored Individual Education Plans (IEPs) for kids with special needs, ensuring personalized support for each child's learning growth
- Provided specialized one-on-one support for children with diverse learning and behavioral needs, leveraging psychological tools like Cognitive Behavioral Therapy (CBT) and play therapy.
- Collaborated with families to develop and implement effective strategies for supporting their child's development at home.
- Conducted regular assessments to track progress and adjusted treatment plans accordingly.

Direct Therapist – Freelance | March 2020 – Present

- Offered specialized teaching and therapeutic support to children with learning disabilities, developing customized education plans to help them succeed.
- Oversaw the implementation of Individual Education Plans (IEPs) for children with special needs, providing tailored support to foster each child's learning and development.
- Used evidence-based therapies to improve children's social skills, emotional resilience, and academic performance.

Zumba Fitness Instructor - August 2019 – August 2022

In The Pink Fitness Club | Sarjapur, Bangalore

- Designed and led high-energy Zumba fitness sessions promoting physical fitness and mental well-being.
- Provided modifications for students of all fitness levels, ensuring a safe and enjoyable experience for everyone.
- Helped participants improve coordination, flexibility, and overall fitness in a fun and engaging environment.

Zumba Fitness Instructor (Freelance) - June 2015 – February 2016

Indus International School | Sarjapur, Bangalore

- Developed and conducted energetic Zumba sessions customized for children across different age groups, focusing on enhancing rhythm, coordination, and fitness levels.
- Developed age-appropriate choreography that encourages creativity and self-expression among participants.
- Fostered a positive and inclusive classroom environment, ensuring all children felt welcome and engaged.
- Collaborated with staff to promote classes and encourage participation.

Pre-Primary Teacher (Whitefield, Bangalore)

- ✓ Little Millennium- Jan 12th, 2015 to April 12th 2015
 - ✓ Chrysalis Kids- May 11th March 12th 2014
 - ✓ Euro Kids- May 2012 to March 2013
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- Developed and executed interactive lesson plans for nursery students, emphasizing hands-on learning and foundational skill development.
- Supported children in achieving critical developmental milestones in literacy, numeracy, and social interaction.
- Led school-wide events, including performances and art projects, promoting creativity and teamwork.

Education

- Masters in Clinical Psychology | IGNOU, New Delhi | 2022
- Diploma in Early Childhood Care and Education | British Learning | 2024
- Montessori Teacher Training | FMC Training Centre | 2024
- BSc in Multimedia and Animation | Punjab Technical University | 2012
- Diploma in Digital Art | Centennial College, Toronto, Canada | 2011
- Diploma in Art and Design Foundation | Centennial College, Toronto, Canada | 2010
- Licensed Zumba Instructor | Zumba Fitness LLC, USA | 2015

Certifications & Training

- Licensed Zumba Instructor (Adults & Kids)
- Cognitive Behavioural Therapy (CBT) Certification
- Advanced Special Needs Education Training
- Child Development and Early Education Certificate

Languages

- English
- Hindi
- Persian

Personal Information

- Date of Birth: 6th May 1988
- Nationality: Indian
- Marital Status: Married

References

- Available upon request.