

Tempa Gyeltshen

Curriculum Vitae

Contact details

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Current Job

Student Service Officer

Taekwondo Coach

Mental Health Facilitator (MHF)

Education

Bachelor in Education (Secondary Arts) Samtse College of Education majored in English and History.

Special Award

Student of the Year (2006)

Employment History

- Student Service Officer, Paro College of Education (May, 2019-)
- Bhutan University Sports Federation (BUSF) Coordinator. RUB (Nov.2017-May, 2019)
- Teacher, Ministry of Education (Tendruk Central School, Inclusive) (March, 2015-April, 2017)

Professional Service

- Day-to-day administration of student welfare at the college.
- Trains Paro College Taekwondo club.
- Provides Kung-fu self-defense lessons to the interested Taekwondo club members.
- Provides Mental Health services/counselling.

Other Qualification

- Taekwondo National Instructor
- Taekwondo National Referee
- Black Belt 3rd Dan Kung-fu (International Kung-fu Council)
- Black Belt 4th Dan, Sifu (Asian Jeet Kune Do Federation)
- Mental Health Facilitator (MHF)

Training Attended

1. **Education on Electronic Voting Machine** at Samtse College of Education (EVM) (6th September, 2014)
2. **Life Skills Education** funded by UNFPA at Samtse College of Education (2014)
3. **Basic Unit Leaders Training (BULT, Scout)** at Samtse College of Education (6th – 12th December, 2014)
4. **Taekwondo Peace Corps Training** at Taekwondo Training Centre, Thimphu (11th January-7th February, 2016)
5. **Taekwondo National Referee Course (Referee Class: C)** at Taekwondo Training Centre, Thimphu (11th January-7th February, 2016)
6. **Taekwondo National Coaches Certificate Course (Coach Level: Assist. Instructor)** at Taekwondo Training Centre, Thimphu (11th January-7th February, 2016)
7. **Transformative Pedagogy Training** at Yoeseltse Middle Secondary School at Samtse (28th July-1st August, 2016)
8. **Taekwondo National Coaches Certificate Course (Coach Level: Instructor)** at Taekwondo Training Centre, Thimphu (11th July – 14th July, 2018)
9. **Taekwondo National Referee Certificate Course (Referee Class: B)** at Taekwondo Training Centre, Thimphu (11th July – 14th July, 2018)
10. **Foundation on Counselling and Basic Counselling Skills** funded by Erasmus+ Project, Enhancing Mental Health, Counselling and Wellbeing Support at Paro College of Education (1st – 2nd July, 2019)
11. **Mental Health Facilitator Program** conducted by The Bhutan Board of Certified Counsellors.

Other Certificates

1. **Taekwondo Coach: D** (30th October, 2014)
2. **Excelsior, GNH-Volunteers** at Samtse College of Education (2011-2014)
3. **Democracy Club**, Samtse College of Education (2011-2014)
4. **International Club Taekwondo Championship, Bhutan Open 2016** at Phuentsholing, Chukha (22nd-24th December, 2016)
5. Facilitated training on **‘Sports Administration and Coaching Skills’** at Paro College of Education (5th – 9th November, 2018)

Policies Drafted

1. Bhutan University Sports Federation Games Guidelines
2. Residential Policies for Paro College of Education
3. Disaster Management & Contingency Plan, Paro College of Education