

Sakina Ayaz

Diversity, Equity & Inclusion



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OBJECTIVE

I am seeking a challenging Diversity, Equity and Inclusion role in a progressive organisation that emphasises holistic well being and creativity. My education coupled with my work and life experience has provided me with the right research and communication skills to lead and contribute effectively in such a role.

SKILLS PROFILE

Proficient in Excel and MS Office Suite

Quick learner

Canva

Quickbooks

MailChimp

Excellent written and verbal communications including educational/promotional content development with strong copywriting skills and visual sense to fit images, text and videos together optimally

Yoga Instructor, S-VYASA, Bangalore

Reiki Attunement

WORK & EXPERIENCE SUMMARY

- *Workshop content creation and facilitation in areas such as Diversity and Inclusion, mindfulness and Holistic well being*
- *Conceptualising and managing Digital Marketing campaigns across all social and digital channels coupled with strong copywriting skills and visual sense to fit images, text and videos together*
- *Research on field methods in Anthropology and Archaeology and thesis writing*

EDUCATION

University of California, Los Angeles, Los Angeles, California
Anthropology B.A. 2011 - 2018 (Note: I took time off during this period to intern and gain life experience)

EXPERIENCE DETAIL

FREELANCE WRITER (AMAZON SCRIPTS) - BLACKMILK MEDIA, Bangalore, India

August 2020 - December 2020

- Wrote Amazon Video Shorts scripts for Blackmilk Media

EXPERIMENTAL TOWNSHIP VOLUNTEER, Auroville, India

2019

- Pioneered workshops in Auroville on Mindful Self-Compassion
- Worked and trained with holistic practitioners, brought new insight into the practices
- Helped build Japanese Garden wall from scratch with team members
- Furthered my understanding of mental wellness and sustainable lifestyles, and the integration of the two
- Attended *Swadharna*: intensive program to find one's calling or “Ikigai” through self-discovery techniques and immersion in an alternative lifestyles

SENIOR MARKETING CONSULTANT - URBAN NOMAD DIVE ADVENTURES, Pondicherry, India

April 2019 - June 2019

- Established digital marketing presence for Urban Nomads, including G Suite, Facebook and Instagram, as well as third party websites
- Created annual DiveTalks event, where internationally renowned SCUBA divers presented their talent and work for inspiration
- Helped manage anxiety for new SCUBA divers

DIVERSITY CONSULTANT - PORTEA MEDICAL, Bangalore, India

July 2017 - August 2017 & September 2018 - December 2018

- Worked on **MEDA** project: Self-started new workshops with Portea Medical for empowering Nursing Aides to be happier, and increase equity at the workplace
- Worked on **CDC** project: Interviewed nursing aides and produced videos to be sent to The CDC
- Reported on all diversity and inclusion training modules

LEMELSON HONORS HIPAA CERTIFIED THESIS WRITER - UCLA, California

January 2017 - June 2018

- Developed my own original research project on Ayurveda and Naturopathy and the medical pluralism at a particular institute in South India
- Attended Lemelson Conference and presented my original thesis

HIPAA CERTIFIED RESILIENCE PEER COUNSELOR - UCLA DEPRESSION GRAND CHALLENGE, Los Angeles, California

January 2017 - June 2018

- Helped students deal with their anxiety and depression through pioneering program developed by the UCLA Grand Challenge Program
- Trained extensively under Dr. Elizabeth Gong-Guy in Mindfulness and CBT Practices
- Received honorable acclaim at the final year-end ceremony

CORPORATE RELATIONS DIRECTOR - USAC STUDENT WELLNESS COMMISSION, Los Angeles, California

June 2016 - September 2017

- Brought in new partnerships, sponsorships and products for events

INTERN - TEACH FOR INDIA, Bangalore, India

June 2014 - December 2014

- Spearheaded marketing programs for the Teach For India Fellowship Program
- Fostering educational equity through implementing the Fellowship Program

INTERN - MU SIGMA, Bangalore, India

January 2015 - May 2015

- Obtained proficiency in data mining through Microsoft Excel and exposure to SQL, SAS and R, through Mu Sigma University and mock project

CAMP COUNSELOR - UCLA UNICAMP, Los Angeles, California

March 2013 - September 2013

- Counseled a group of 5 children as their leader for a week-long Summer camp