



ROSA SHEILLA C. CAHILIG

Domestic Helper

ABOUT ME

Dedicated and experienced Domestic Helper with extensive experience in household management, childcare, newborn care, cooking, cleaning, and organizing. Seeking a position where I can provide reliable and responsible household assistance while ensuring a safe, clean, and caring environment for the family.

EXPERIENCE

Domestic Helper

Current

Hong Kong

- Cares for one son from newborn up to his current age of 2 years and 5 months.
- Provides attentive newborn and toddler care.
- Prepares meals and assists with feeding and daily routines.
- Performs cleaning, laundry, ironing, and household organization.
- Ensures the child's safety, hygiene, and overall well-being.

Domestic Helper

2019 – 2024

Hong Kong

- Provided daily care for a family with three children.
- Cared for the first child from newborn to 6 years old.
- Cared for the second child from 2 to 7 years old.
- Cared for the third child from 7 to 12 years old.
- Prepared meals and assisted with the children's daily routines.
- Performed general household cleaning, laundry, ironing, and organizing.
- Maintained a safe, clean, and comfortable home environment.

Domestic Helper

2016 – 2018

Kuwait

- Served a family with three children aged 11, 18, and 21.
- Assisted with the needs and daily routines of the family.
- Prepared meals and maintained cleanliness throughout the household.
- Handled laundry, ironing, organizing, and other household duties.
- Maintained an orderly and comfortable home environment.

EDUCATION

• TERTIARY

2002 – 2005

Bachelor of Science in Business Management

Notre Dame of Midsayap College

Poblacion 5, Quezon Avenue, Midsayap, Cotabato

Bachelor of Science in Business Management

2002 – 2005

Bachelor of Science in Elementary Education

2001 – 2002

PERSONAL DETAILS

Date of Birth: July 22, 1983

Place of Birth: Pikit, North Cotabato, Philippines

Civil Status: Single

Religion: Born Again Christian

Citizenship: Filipino

Height: 4'11"

Weight: 48 kg

SSS No.: 34-3987204-2

SKILLS

- Newborn & Childcare
- Household Cleaning & Organization
- Cooking & Meal Preparation
- Laundry & Ironing
- Time Management
- Sewing
- Quality Control
- Responsible & Trustworthy
- Multitasking
- Household Management

I hereby declare that all information provided above is true and correct to the best of my knowledge and belief.


ROSA SHEILLA CASPILLO CAHILIG
Applicant