

# NAME

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## PERSONAL PROFILE

I am a dynamic, and results-driven Masters graduate with a strong foundation in interdisciplinary health studies. Proficient in innovative problem-solving, effective communication and building collaborative partnerships, I am known for my adaptability, attention to detail. Thriving in high-pressure environments, I excel at creating tailored solutions. Passionate about advancing global health initiatives, I bring a unique combination of analytical skills and empathy, ensuring impactful outcomes in every role.

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## RELEVANT EXPERIENCE

### MSc One Health, LSHTM AND RVC

2023-2024

*One Health is an interdisciplinary approach that integrates human, animal and environmental health disciplines addressing global health challenges through a unified approach. Skills gained include:*

- **Communication:** Created an educational video as part of my dissertation which involved explaining a health challenge in an accessible format. I produced presentations that effectively communicated intricate health issues, demonstrating my ability to engage and inform diverse audiences
- **Attention to detail and strategic planning:** Conducted detailed research and data analysis for academic papers and my own projects, ensuring high levels of accuracy
- **Building partnerships:** Engaged in collaborative projects with peers from diverse discipline across other Msc programs to foster a holistic understanding of health issues.
- **Innovation:** Explored innovative approaches to integrate, medical, veterinary and environmental science to address global health challenges
- **Statistics and Analysis:** Utilised statistical software to interpret data and support research findings, focusing on the dynamic of infectious disease
- **Problem solving:** Applied critical thinking and problems solving skills to develop solutions for case studies on zoonotic disease management and control

### Assistant, MediVet

2019-2023

*MediVet is a large veterinary practice chain. I was based at one of their main 24 hours hospitals in Hendon where I worked as an assistant and handled emergency calls that were admitted.*

- **Organisation:** Managed the scheduling of emergency and routine appointments efficiently in a high-pressured environment whilst multi-tasking other daily operations of the clinic including comprehensive administrative support
- **Teamwork:** Co-ordinated with internal and external veterinary and non-veterinary staff to facilitate seamless patient care and communication
- **Interpersonal skills:** Enhanced customer relation by being a friendly face when people visited the clinic and addressed client concerns with empathy and professionalism during stressful visits.
- **Customer focus:** Prioritised client satisfaction, ensuring that all inquiries and emergencies were handled promptly and courteously.
- **Delivers results:** Consistently ensured the well-being of owners and pets under care
- **Problem Solving:** Implemented a strategy to manage appointments and emergencies during phone system outage by contact clients via email, text and social media, coordinating with other branches. Found a solution to get the phone system up and running quickly ensuring minimal disruption to service.

### Swimming teacher, Next Level Swimming

2021-2023

*Next Level is a swim school where I taught swimming to children from aged 3 to adults of varying abilities. Prior to this, I achieved my Level 1 and 2 swimming teaching award as well as rescue award for swimming teachers.*

- **Time management:** Efficiently planned, scheduled and executed swim lessons, adapting teaching methods to fit individuals timings, needs and ability
- **Decision making:** Made quick decisions regarding safety protocols to maintain secure environments for swimmers
- **Delegation:** Directed assistant teachers to manage individual tasks or specific swimmers to optimise learning, engagement and safety
- **Embrace change:** Adapted teaching strategies and lesson plans based on real-time feedback

### Social Media Developer, Jeremy James

2020

*Jeremy James is a property agency in Marylebone where I set up and managed their social media*

- **Strategic thinking:** Designed and implemented a social media plan that boosted the company's visibility and engagement
- **Presentation skills:** Crafted engaging content and visuals, connecting to audiences delivering clear messages

## Tutoring

2015-2020

- **Adaptability:** Customised educational plans to meet diverse student needs, enhancing understanding and performance in subjects such as sciences, maths, and Latin
- **Building trust:** Developed strong, trusting relationships with students, fostering a supportive learning environment that inspired confidence and motivated them to achieve their academic goals
- **Results orientated:** Successfully improved student performance and understand through personalised teaching methods, leading to measurable academic improvements

## Volunteering

2016

*I volunteered to teach children with various disabilities to swim. Also, I travelled to India where I taught English to students.*

- **Cross-cultural communication:** In India I coordinated a variety of lessons depending on language ability and adjusted teaching methods to suit cultural differences and language barriers
- **Public speaking:** In India, I represented my peers in giving a thanksgiving speech to over 1000 members of the school, effectively communicating our collective achievements and experiences
- **Building trust:** In both roles, I built and maintained trust with students in order to create a positive environment where each child could excel through patience and listening
- **Empathy and Patience:** Demonstrated values of empathy and patience, ensuring each child felt heard and supported and fostering a positive environment where every child could excel

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## EDUCATION

### LSHTM and RVC, MSc One Health

2023-2024

Modules include: Epidemiology, research skills, infectious disease control, health economics, systems thinking, globalisation and health and medical anthropology

*Dissertation: A Mixed-Methods Study of UK Dog Owners' Attitudes towards Environmental Impacts of Pet Parasiticides.*

### University of Birmingham, BSc Biological Sciences, First Class with Honours

2018-2021

Modules include: Communication and skills in biosciences, critical Issues for 21<sup>st</sup> century ecosystem, neurobiology, evolution, genetics and animal behaviour

*Dissertation: Bioterrorism: Should we be afraid or very afraid.*

### Brampton College, A Levels

2017-2018

Biology (A), Chemistry (B), Religious Studies (B)

### Mill Hill School, GCSEs

2012-2017

Biology (A), Chemistry (A\*), Physics (A\*), English Language (A), English Literature (A), Mathematics (A), Geography (A\*), Religious Studies (A\*), Spanish (A), Latin (C)

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## SKILLS AND FURTHER ACHIEVEMENTS

- Part of the University of Birmingham Swimming Team
- Elected as the Diversity, Equality and Inclusivity Officer of the Pole Fitness Team, serving as a primary contact for members to confide in and ensuring that that everyone feels welcomed and accepted
- Completed my Silver Duke of Edinburgh Award, both physical and mental strength and determination
- Carried out charity work, organising a tea party for an elderly care home and a cultural day for nursery children, showcasing my organisational skills
- Attained Grade 4 Flute and Grade 3 Piano, achieving Merit in all grades
- Placed first in Rose Tress Trust competition which involved meeting with scientists and present cutting-edge research to a panel of judges, answering relevant questions, allowing me to think on the spot
- Part of the cross-country, tennis, and swimming team at school. Represented a local swimming club where I was selected as Vice-captain

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## SOFTWARE SKILLS

Good knowledge of MS Office (Excel, PowerPoint and Word) and R Coding

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## INTERESTS

I have a keen interest in fashion and sewing which I enjoy as forms of creative expression. Photography is another passion of mine; capturing moments through the lens allows me to appreciate the beauty in everyday life and improve my attention to detail. Advocating for animal welfare is important to me, as it aligns with me values of compassion and responsibility towards all living beings. Staying active through fitness is essential for my physical and mental well-being and I find a sense of achievement in reaching new fitness goal. I love travelling and backpacking as they provide me with opportunities to experience new cultures, meet diverse people and grow my adaptability and independence.