
SINÉAD KAVANAGH



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LANGUAGES

French: Professional Working
Proficiency

German: Limited Working
Proficiency

Irish: Limited Working
Proficiency

EXPERIENCE

SALES ASSISTANT, PRIMARK WILTON CORK

1/11/2023 - Present

- Greet and assist customers with a friendly demeanor
- Restock shelves and maintain a visually appealing store layout
- Operate cash registers accurately during transactions
- Handle various forms of payment securely
- Assist with customer inquiries, returns, and exchanges
- Provide excellent customer service to enhance overall satisfaction
- Work collaboratively with colleagues to create a positive team environment
- Communicate effectively with team members and supervisors
- Assist with organising and replenishing stock as needed

JUNIOR SHOP AND DELI ASSISTANT, FRESHCO KILKENNY

September 2021 – October 2023

- Established and nurtured effective relationships with customers, colleagues and store management
- Created attractive displays for merchandise to enhance sales
- Opened and closed store by completing security, cleaning and financial checklists
- Encouraged customer loyalty by building positive rapport with regular customers
- I worked swiftly and efficiently to serve a large volume of customers
- I advised and served customers
- I processed payments and restocked goods
- I gained a good working knowledge of computer systems
- I carried out stock checks and stock rotation to ensure all products being sold were kept in high quality condition

SKILLS

Cash handling accuracy
Retail loss prevention
Inventory control procedures
Team player mentality
Dispute resolution
Effective communication
Active listening
Microsoft Word Specialist
PowerPoint Specialist
Team player
Reliable

HOBBIES

I am a loyal supporter of both Leinster and Irish Rugby, and Kilkenny Hurling. I am also an avid Formula 1 fan.

I enjoy music, coming from a family rich in Irish music. I have learned to play the tin whistle, fiddle and piano. I have successfully completed up to and including grade four on the piano with the Leinster School of Music and Drama.

I have completed Youth Leadership and Awareness with Foróige.

AU PAIR, FRANCE

July 2021- August 2021

- Helped children learn English by conversing freely, reading appropriate stories and completing activities in target language
- Enforced rules to teach manners and maintain a safe environment
- Organised and led age-appropriate activities involving reading, crafts and educational play
- Supported household operations by washing and putting up laundry, cooking meals and performing light cleaning
- Improved group and individual behaviour with positive management strategies

CATERING STAFF, AIKEN PROMOTIONS

July 2019

- I was employed as a member of the event team in catering with Aiken Promotions
- I was responsible for ensuring efficient delivery of meals within a specific time frame
- I worked long shifts to meet deadlines
- My responsibilities included food preparation, working directly with the head chef.
- kitchen porter duties and waiting staff duties in which I had to ensure a quick turnaround between meals
- I worked as part of a team to support the overall event and to ensure a large volume of people were served



I have completed the Gaisce President's Award and received a bronze medal.

EDUCATION

BCL LAW AND FRENCH / 2021-2024

University College Cork

- I have successfully passed all my modules to date which are: History of Ideas in France: Justice and Freedom (60%), Postcolonial Francophone Literature (53%), Advanced French Language (54%), Francophone Travel Narratives (58%), Elements of French Civil Law (66%), Property Law (54%), Law of Torts II (61%), Constitutional Law: Fundamental Rights (50%), Economic Law of the European Union (60%)
- I had the opportunity to study many different French law modules while completing my Erasmus year at the Université Côte d'Azur in Nice, France. These included Droit Constitutionnel, Droit Civil, Histoire du Droit de la Famille, Droit Général de l'Union Européenne, Droit International Public, Relations Internationales, Droit des libertés fondamentales, Grands Systèmes Juridique, Droit Administratif Général, Droit de la Famille, Histoire du Droit, Institutions Européennes, Mergers and Acquisitions.
- I have completed and passed my modules for the first semester of my final year. Modules studied were Advanced Use of French Language, Language and Interpretation: Critically Thinking about the Laws in France (56%), Law of Evidence (62%), Law of Equity: Trusts (65%), Company Law: Fundamental Concepts and Doctrines (64%), Medical Law and Ethics (55%).
- In my final semester I plan on studying Advanced Use of French Language, France and Algeria: The Cultural Dynamics of Remembering and Forgetting, Contemporary Issues in Corporate Law, Company Law: Management, Finance and Insolvency, Law of Equity: Doctrines and Remedies, Financial Services: Law and Regulation





BCL LAW AND CRIMINOLOGY/ 2020-2021

Maynooth University

- I successfully completed my first year in Maynooth University before transferring to University College Cork.
- I passed all my modules which included: Introduction to Law (68%), Criminal Law (61%), Contract Law (66%), Introduction to Criminal Justice (63%), Exploring Criminology (54%), Lire, Parler, Écrire le Français (67%)

LEAVING CERTIFICATE/ 2020

Loreto Kilkenny

- I achieved a predicted grade of 465 points.
- I studied Irish (H3), English (H3), Maths (H4), French (H4), German (H3), Biology (H3), Chemistry (H4)

VOLUNTEER EXPERIENCE OR LEADERSHIP

- I was the secretary of the subcommittee for the 2023 23rd Annual UCC Law Conference. My role includes organising weekly meetings, taking minutes at the meetings, contacting practitioners inviting them to the event, organising and running events to raise money for our chosen charity, Nasc.
- I was appointed Senior Prefect by my principal and vice principals during my final year at Loreto Kilkenny.
- I was a member of the senior choir in my school that travelled to Slovakia to compete in the Cantat International Choir Festival and Competition. We were given a gold award. We placed first in the Kilkenny Music Festival and second at the Wesley College Choir Competition.
- I obtained the role of solicitor to compete in the Public Access to Law team during my transition year in school. We competed against other schools around Ireland in the Central Criminal Courts, Dublin.
- I completed a week of work experience with Harte's Solicitor's, Kilkenny during my transition year.



- I volunteered in Summer 2017 and 2018 with Kilkenny Recreational Sports Partnership. I worked as a sport leader at a camp designed for children with a range of disabilities. I planned creative, fun and enjoyable sports activities and lessons, ensuring maximum participation from the children and enjoyable sporting experience. I was responsible for the safety and well-being of camp participants. I brought a positive and happy attitude to the camp to make the children feel comfortable and relaxed without their parents.



