Lauren Dempster – Curriculum Vitae

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**Profile**

History and Politics graduate currently sitting the first year of a Diploma in Legal Studies in King’s Inns with the view of completing FE1 exams in October. I am seeking a challenging role in a law firm where I feel my team ethic and determination would be most valuable.

**Education**

**Honorable Society of King’s Inns, Dublin,** PostgraduateDiploma in Legal Studies.

*2016-2018*

**Queen’s University Belfast,** BA (Hons) History and Politics 2:1.

*2011-2014*

**Mount Lourdes Grammar School, County Fermanagh,** A-levels, A\* -A – B.

*2009-2011*

**St. Fanchea’s College, County Fermanagh.**

*2004-2009*

**Work Experience**

**St. Fanchea’s College, Enniskillen. *Teaching Assistant***

*September 2015 - June 2016.*

* Supported children with a range of special needs to access the national curriculum.
* Worked closely with teachers and parents to draft Individual Education Plans (IEP) based on each child’s specific requirements.
* Advocated and negotiated on behalf of individual children to ensure they received the appropriate support.
* Developed different communication styles in relation to child, family, organisation.
* Provided monthly feedback to Special Education Needs Co-ordinator

**Portora Royal School, Enniskillen.** ***Rowing Coach***

*September 2015 – July 2016*

* Responsible for coaching junior crews of one of Ireland’s top Rowing Clubs.
* Created and implemented different training programs throughout the year to encourage the successful development of the club.
* Organised and accompanied crews in racing events throughout the country.
* Communicated with other coaches to deliver efficient training schedules and select crews of differing abilities to various events.

**Make It Cheaper, Energy Comparison Experts, Sydney, Australia. *Energy Sales Advisor***

*November 2014 - March 2015.*

* Responsible for finding business customers the best price for their utilities through analysis of the business energy market
* Communicated effectively with colleagues to meet weekly/ monthly sales targets by compiling sales strategies and daily goal setting.
* Selected as part of a small team of staff to further expand the company’s growing portfolio of commercial clients based on sales performance and customer feedback.

Worked effectively with colOffered sponsorship on departure based upon continued high performance in commercial sector.

**Pure Prospects, Outsourced Sales Solutions Company, Sydney. *Field Sales Representative***

*July - November 2014.*

* Specialised in face to face customer sales for large charitable organisations
* Worked within an integrated team environment focusing on the improvement of Sales,
* Marketing and Public relations to enhance the client’s customer base.
* Researched and presented up to date relevant information and statistics for colleagues to present to customers.

**Interests & Achievements**

* Avid interest in rowing and rowing coaching as a member of Portora Boat Club:
* Portora Boat Club Ladies Boathouse Captain.
* 6 x Gold at Irish Rowing Championships.
* Level 1 Rowing Coaching.
* Coached 2 x Irish Rowing Championship crews.
* Keen interest in rugby, boxing and athletics.
* Enjoy travelling and experiencing different cultures.
* Awarded Outstanding Academic Excellence in Physical Education, final year of school.
* Awarded Outstanding Commitment to extra-curricular activities, final year of school.
* Highest overall mark in A-level History.
* Queen’s University Belfast Boxing Club Secretary.

**“The Big Build”, Childreach International.** *2013.*

* Chosen to represent Queen’s University Belfast in the construction project of an Early Childhood Development Centre in rural Nepal for two weeks over the summer.
* Organised a variety of fundraisingevents throughout my local community including a charity gig, bake sale and fun run.

**Common Purpose Frontrunner *Leadership Development Programme****. 2014.*

* Whilst in University I applied for Frontrunner as the concept of studying and developing leadership skills appealed to me.
* Visited organizations across different sectors such as banking, media and healthcare to learn from senior leaders of their tips for success.
* Tookpart in challenging discussions with group members to tackle real-life challenges facing the different sectors.
* Presented findings to senior leaders of PWC, NHS and Bank of Ireland.
  + References available upon request