**LAUREN HEFFERNAN**

**Date of Birth:** 19-11-94 **Home Address:** Varakai

Oak Way

**Mobile:** (085) 825 3519 Walshestown

Newbridge

**Email:** [laurenheffernan@eircom.net](mailto:laurenheffernan@eircom.net) Co. Kildare

**EDUCATION**

**Newbridge College, Kildare (Aug 2007 – June 2013)**

I spent my 6 years of secondary education at Newbridge College, completing the Leaving Certification in 2013 achieving 485 points, including A2 in English.

**University of Limerick, Castletroy, Limerick (Sep 2013 – Aug 2017)**

I have just graduated from the University of Limerick Law Plus programme. I graduated with a 2:1 and a B1 average.

**LEGAL WORK EXPERIENCE**

**June 2017 McCann FitzGerald Solicitors, Dublin**

This summer I obtained a position on MCFG’s Summer Internship Programme where I worked in their employment team. The most interesting thing about this team was the range of work they were involved in, from dispute resolution to corporate transactions to working in an advisory capacity:

* My work was mainly research based, I wrote up memorandums and compiled organised and succinct folders on topics such as the ‘gig’ economy and whistleblowing.
* I was also given the task of keeping the team up-to-date on relevant employment law and industrial relations disputes and developments.
* To afford me the opportunity to learn as much as possible during my time there I was seated in a room with a senior associate who explained the intricacies of each deal and imparted to me a genuine interest and appreciation for the area.
* It was a very well rounded experience which also allowed me to network with trainees and partners in many social and sporting events.
* The review of my work given at the end of my time there was very positive, my ability to immediately jump in and work with a new team and the fastidious way I approached my work were highlighted in particular. My experiences here solidified my interest and belief in my compatibility with a career in corporate law.

**Sep – Jan 2015/6 A & L Goodbody Solicitors, Dublin**

I interned for five months on the construction litigation team in ALG Solicitors:

* I contributed by drafting letters, memoranda, personal statements and legal submissions. I was also given many research tasks.
* I learnt a lot as I got the opportunity to liaise and help other teams and solicitors, and also network though its many social events, making new friends and learning many different experiences.
* I developed many legal skills such as effective research methods and the drafting of legal documents whilst, gaining experience working with different lawyers from trainees to partners. I obtained a good insight into the daily practise of a corporate legal environment.

**OTHER WORK EXPERIENCE**

**June – Nov 2016 Subway, San Diego CA and University of Limerick**

I worked in one of the busiest 24 hour Subways in Pacific Beach, then continued working for Subway after my J1 on the UL campus, which was also incredibly busy often serving upwards of 500 students a day.

I benefitted from the valuable experience of multi-tasking in this fast-paced service industry, where I was responsible for keeping track of multiple orders while ensuring customers received impeccable service. This also translated outside work as I learned to balance my weekday job with my classes and study.

**June – Aug 2016 The Field, San Diego CA**

During the summer I also working in this popular Irish restaurant and pub. As a hostess I was tasked with seating guests, answering queries and also organising reservations, tables and servers.

Here I gained experience of staff organisation and administration, customer service and how to deal with complaints. My interpersonal skills improved as I dealt with a variety of clientele and staff.

**ROLES AND ACHEIVEMENTS**

**Debating and Mediation**

* I placed second individually in UL’s Kate Fleming Medical Mediation Competition.
* I was a member of the Debating and Law Societies, holding the positions of 1st Year Rep, PR Officer, Secretary and Vice-Auditor over the years.
* I was also on a Disciplinary Sub-Committee regarding intra-team homophobia.
* In Newbridge College I captained the Rigby Jones and Concern Debating Teams.

**Equestrian**

* I was a member of UL’s Varsity Equestrian Team competing in its annual Inter-varsities.
* I captained the Newbridge College Equestrian Team to victory in the All-Ireland Inter-Schools League in my final year.
* Competing over the years both individually and in team events I have been placed highly in many SJAI and IPS competitions including in the RDS and Hickstead.
* I completed the Pony Club B Test qualifying me to teach children up to 16 years to horse ride.

**Voluntary Work**

* In UL I was a tutor for an after-school homework club held for primary and secondary school students, specialising in Economics, English and Biology.
* In secondary school I completed First-Aid, Life-saving and Life-guard courses, I also worked with “Jumping Jelly Beans” an after-school sports club for children with disabilties.
* I travelled to Lourdes with my Parish, assisting the less able travel in wheelchairs to attend events.

**REFERENCES**

Eamonn Conlon Stephen Holst

Partner Senior Associate

A & L Goodbody Solicitors McCann FitzGerald Solicitors

28 North Wall Quay Riverside One, Sir John Rogerson’s Quay

Co. Dublin Dublin 2

+353 1 649 2252 +353 1 511 1517

[econlon@algoodbody.com](mailto:econlon@algoodbody.com) [stephen.holst@mccannfitzgerald.com](mailto:stephen.holst@mccannfitzgerald.com)