## Curriculum Vitae

**Personal Details**

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**Profile**

* Ambitious, focused on personal goals, with a proven record in sales and merchandising for a major multi-national drinks company. Strong legal background and currently studying for BCL degree at UCC. Well versed in security and application of the legal process having spent time working in the Garda Siochana Garda Reserve Division

**Major Achievements**

* Proven experience in Sales and Marketing with a Multi-National drinks company
* Proven experience in working with the public using problem solving techniques, conflict resolution and negotiation skills to maintain public order and reduce criminality offences.
* Providing an in-depth presentation to the Faculty of Law, UCC on Judicial Review and Personal Rights Campaign
* Working effectively and assertively with fellow undergraduates on Legal Issues
* Excellent presentation skills

**Education and Professional Qualifications**

2013 – 2017 BCL Degree, University College, Cork

2012 – 2013 Certificate Legal Studies, University College Cork

2008 – 2009 Leaving Certificate 6 Honours

**Career History**

**2011 – Present**

**Sports Massage Therapist Self-Employed**

Providing Therapeutic Sports Massage to athletes and fitness enthusiasts

* Managing a private practice effectively
* Responsible for planning, budgeting and running a small therapeutic practice
* Excellent inter-personal skills

**2008 – 2009**

**Scoil Stiofain Naofa**

*Leaving Certificate*

* Studying to attain excellent results / grades in the Leaving Certificate

**2005**

* Spent the year travelling extensively in the United States and Australasia

**2010 – 2011**

**An Garda Siochana, Garda Reserve Division**

Garda Reserve Unit is a policing unit in Ireland that is primarily staffed by volunteer Reserve Gardai who worked in conjunction with fulltime Gardai, The training comprised of 4 phases - Induction Course at the Garda College, Templemore, Co. Tipperary covering the following areas: Introduction to An Garda Síochána, Human Rights, Discipline, Ethics and Organisational Culture. Included training in Retractable Baton, Incapacitant Spray and Tetra Radio. 40 hours on the job training at a designated Garda Station to include accompanied beat patrol and station duty. Attestation and Graduation ceremony at the Garda College.

* Studying at the Garda College, Templemore and at Divisional HQ to attain Garda Reserve status. I learned excellent inter-personal skills, conflict resolution and negotiation skills, skills to de-escalate criminality, community policing skills and gained an in-depth knowledge of the legal framework which overarches the current judicial system in Ireland.
* Worked effectively within a team and took direction whilst also working on my own initiative
* Worked on a shift pattern which included day and night rotations
* Showed flexibility and adaptability throughout my time with An Garda Siochana Reserve Unit

**2000 – 2008**

**Merchandising and Sales, C&C Ltd, Little Island, Co. Cork**

C&C Group is a manufacturer, marketer and distributor of branded cider, beer, wine and soft drinks.

Achievements:

* Creating and using planograms to plan store and product layout
* Planning product ranges and stock plans with buyers
* Writing visual merchandising and window displays in stores
* Proficient IT skills demonstrated by designing store graphics and power-point presentations
* Merchandising premier brands in prime retail groups
* Stock intake, stock rotation and stock control
* Liaising with department managers in each retail outlet
* Customer service role to highlight the reliability and viability of the branded goods

**Interests and Hobbies**

* Walking and light running – completed Bandon 10k road race in 2011
* Gym, fitness classes and nutrition
* Bikram Yoga
* Reading – particularly legal and current affairs literature

**Other Skills**

* ECDL – European Computer Driving Licence
* Qualified Sports Massage therapist
* Japanese Language (beginner)
* French Language (beginner)

**Referees**

References available on request