

MISS ANTONIA JADE PETCHEY
Contact number: 07474394874
Email address: antoniapetchey.bwiks@gmail.com
Bridport, Dorset

A highly motivated and resilient individual who is committed to contributing positive and meaningful work to the community. I continued to learn and achieve further qualifications during the time between leaving school and taking on my first employment. My reasons for this being that I wanted to have a positive impact on the community, despite not being employed. I have been focused primarily on raising awareness and advocating for different social and health issues through social media and fundraising.

As a children's care leaver, I have had the privilege to join in with discussions with our local council surrounding issues that have been identified by young people in care. Such topics included limited accommodation, education and work-related opportunities, body image, confidence, and low self-esteem. I am proud to be a part of these groups and supporting Dorset Council as they collaborate with young people.

EXPERIENCE:

JUNE 2018 – FEBRUARY 2020

TEAM LEADER, CLEANING, SYMONDSBURY ESTATE

Leading a team of cleaners to ensure precision and perfection in the number of holiday homes owned by the estate. Time management and effective team management was a key part of my role.

For a reference please contact:

Samantha Hawker
07851195676

JUNE 2020 – FEBRUARY 2021

MENTAL HEALTH RECOVERY SUPPORT WORKER, SIL

My role at SIL was to support individuals living with complex mental health needs to promote recovery and manage independence within a community setting. The company ethos was to promote positive and safe progression towards recovery and our teams worked closely with residents to support them however best possible. Supporting documents including detailed, personalized risk assessments were part of the recovery model we used, meaning organization, an open mind, and empathy were important skills to manage the different aspects of the role. Ability to work in the event of crisis and create safe space, liaise appropriately with other health professionals and communicate effectively to other team members so as to ensure

safe and person-centered supported living environments.

For a reference please contact:

Adam Sutherland- 07825105940

MAY 2021- AUGUST 2021

ACTIVITIES LEAD, HAVEN HOLIDAY PARK, LITTLESEA

During my short time at Haven I have completed an archery instructors GB course, and because of that I have had the opportunity of leading archery and other outdoor activities for small groups of young people staying at Haven. I thoroughly enjoy my role at Haven and appreciate the team spirit and support from colleagues. However, I am looking for a new role closer to my home in Bridport.

For reference please contact Jon Shaw- 07818484639

EDUCATION:

June 2017

Level 3 btec applied science, weymouth college- Dorset, england

Grade achieved: Triple distinction *

A coursework-based qualification in applied science, equivalent to A levels in Physics, Chemistry and Biology. This course covered various topics from cellular biology to astrophysics. Promoting self-motivation and discipline to manage coursework deadlines and safe practice within laboratories.

July 2015

GCSE QUALIFICATIONS AT The Sir john colfox school (now academy), ridegeway, Bridport

English Language: B

English Literature: B

Mathematics: C

Physics: C

Chemistry: C

Biology: C

Geography: A

French: A

Spanish: A

Food technology: A*

Extracurricular Qualifications:

Training Qualifications UK, TQUK Level 2 Certificate in Counselling Skills (RQF) – 2019

I completed this course during a break from education and employment. The first module of the course focused on the core counselling skills: including active listening and how to demonstrate that, unconditional positive regard. Also, how to develop healthy boundaries suitable for clients so that healthy helping relationships can be made. The second module of the course was focused on ethical framework set out by the British Association for Counselling and Psychotherapy (BACP).

Pearson, BTEC Level 2 Diploma Teamwork and personal development in the community (QCF) – 2016

I completed this course through the Army Cadet Force, a group I attended for several years throughout secondary education. Alongside this course, I also carried out courses specific to progressing through ranks and star classes in subjects such as first aid, navigation, and teaching.

British Nutrition Foundation: Keeping well in Lockdown - 2020

During the first lockdown in 2020, I wanted to explore ways in which I could help the community and promote communication through social media to keep people “close and in touch”. I spent time assisting a local photographer with a project called Bridport Lockdown, we worked together to consider ways in which we could promote mental health management whilst dealing with extended periods of isolation. I decided to complete this course as a means of giving me extra education on the importance of maintaining physical health and nutrition and the links that they had with good mental health.

Social Care TV: Anxiety

Another online course I completed during early 2020, to tie in with other qualifications.

- Knowledge of ethical framework and diversity and the importance of ensuring equal opportunities are accessible to all.
- Empathetic, open minded, approachable. Calm in events of crisis.
- A calm, patient individual who enjoys a busy, varied work environment.
- Sociable, friendly team member who enjoys making a positive contribution to society. Effective communication skills.
- An ex-Army cadet who spent much time teaching and supporting younger cadets with various subjects and activities.
- Extensive knowledge of health and general wellbeing, having worked with young adults in support living accommodation.
- Creative, always looking for the next opportunity to create, inspire, advocate.
- I enjoy researching and analyzing, always looking for the next way to develop skills and work hard to achieve them.
- Independent, able to work in various settings whether independently or as part of a team with confidence in taking the lead as appropriate.
- Willing and wanting to undertake further training and qualifications to allow progression into a career. Some knowledge of health & safety regulations and first aid, confident to carry out training to qualify.