

Regan McGougan

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Redruth, Cornwall.

Personal Profile

A well-mannered polite and hard-working person, who is able to work independently or as part of a team, seeking employment and experience within a trainee marketing role in the Redruth and surrounding area. Very reliable, customer focussed with the ability to work with people at all levels and ensure that tasks are completed within given time frame. Looking for a suitable position with a company that will allow me to use my experience and skills and the opportunity to develop new ones. Keen to accept any further training available to help me to succeed in the workplace and in return would offer an employer my full commitment. Ready to start work immediately and keen to explore new roles and responsibilities.

Key Attributes

- Demonstrates the ability to work independently, learn and think quickly, and multi-task
- Excellent communication, interpersonal and time management skills
- Capable of managing stress as well as showing control whilst under pressure
- Supporting young family through life changes, with great stamina and enthusiasm
- Good practical skills, an appreciation for detail, high levels of concentration and focus
- Flexible and supportive team player with a positive enthusiastic attitude to work
- Warm, friendly, supportive and caring personality

Work History

January 31st 2022-July 31st 2022.

Business women in.

- Google workspace.
- Canva.
- LinkedIn.
- Branding.
- Marketing campaigns.
- Content marketing.
- Blogs.
- Mental health course.

Homemaker

2020

Managing the household budget to ensure bills were paid on a regular basis and on time

Preparing daily meals to meet with nutritional needs

Organise time schedule to ensure all tasks of the day are completed

Identify and act on any family illness through use of careful observation skills, liaising with medical professionals

Planning of frequent social, recreational and educational events

Communicating and negotiating with schools to monitor my child's progression and development

Nursery Assistant, Flying Start Nursery

2018 – 2020

helping children to develop language and numeracy skills through games

Taking the children on outings to places of interest ensuring their safety is a priority.

Participating in arts, music, crafts and cooking.

Making sure that each child is collected by a suitable adult known to the nursery

Performing domestic duties, such as preparing snacks, cleaning equipment and toys.

Recording any possible accidents in the official accident book and keeping up to date records.

Washing and changing children when necessary.

Providing comfort to an upset or poorly child.

Hairdresser

2017 – 2019

Welcoming customers and identifying their preferences by asking pointed questions.

Recommending hairstyles and haircuts according to customers' face shapes and tastes

Washing, rinsing and drying clients' hair using appropriate shampoos and conditioners (e.g. for oily hair or dry scalp)

Cutting, trimming and shaving hair using professional equipment.

Applying a wide range of hair coloring techniques, like highlights, ombre and balayage.

Creating hairstyles for formal events and everyday looks, including braids, ponytails and buns.

Applying hair treatment products, as needed (e.g. color protection creams and hydrating masks).

Forming bonds with loyal customers and remembering their hairstyle preferences.

Managing bookings and serving walk-ins.

Ensuring tidiness of beauty stations and sterilising tools, as needed.

Education

Flying Start Nursery

- Level 2 Childcare

Falmouth College

- Level 2 Hairdressing

Studied the full national curriculum at Falmouth School where I achieved my GCSE's including English, Maths and Science.

Hobbies and Interests

I enjoy spending time horse riding with my children.

References

Suitable references are available upon request.