

Hayden Sterland

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Professional Summary

I have recently graduated with a Distinction grade Masters Degree in International Film Production. I am currently working as the Film & TV Teacher for the Pauline Quirke Academy in Leicester. I have been in this position for over 4 years and have accumulated 13 regional awards while in this role. I am also currently working as a Film and Moving Image Lecturer at Leicester College. I am currently seeking an entry level role in Film and TV production, I would love the opportunity to gain more technical skills for cinematography and would also love to be directing. I have worked as a Senior Film & Screen Technician at MetFilm School Birmingham. I have also participated in numerous short films and visual media working as a Runner, Gaffer and 1st Assistant Camera Operator.

Filming Showreel - <https://youtu.be/uAk3s2EMwRY>

Work History:

Lecturer in Film & Moving Image: March 2026 - July 2026 (Temporary Contract)

Leicester College - Leicester

- Creating short films with Level 2 Filmmaking students
- Responsible for guiding the editing of films in post production.
- Assisting with writing of the shooting scripts
- Attending and monitoring film shoots
- Responsible for monitoring recesses and risk assessments for all films and locations that are used on and off site.
- Delivering lessons relating to relevant filmmaking jobs and making sure they apply to all students.

Senior Film & Screen Technician: April 2025 to July 2025 (Temporary)

MetFilm School - Birmingham

- Distributing Film & TV equipment to Bachelors and Masters students.
- Constantly checking the functionality of all equipment.
- Having an understanding for Camera, Lighting, Sound, Grip, and all technical elements of filmmaking.
- Creating policies for how equipment will be distributed and creating a functioning system for both students and staff to use.
- Being a line manager for other screen technicians on the site.
- Reporting weekly to the building manager with observations, challenges, and new ideas.
- Setting up for events held by the school university.

Film & TV Teacher: October 2021 to Present Day

Pauline Quirke Academy - Leicester

- Creating short films with students aged 6 - 18.
- Responsible for the edit of all films in post production.
- Writing all of the scripts for all of the students to work on.
- Created all of the production schedules to make sure that all films can be shot fully in the allocated time without overlapping.
- Responsible for carrying out reces and risk assessments for all films and locations that would be used.
- Monitoring safety on set for over 20 people at a time.
- Responsible for setting up and packing away all filming equipment from all departments.
- Developed all of the story ideas and collaborated with groups to get the best outcome both visually and financially.
- Teaching all elements of filmmaking. Pre-Production, Technical and Post-Production.

Camera Assistant: July 2024

Bridging Beats - Leicester

- Responsible for shooting footage used for the promotional video of the business.
- Ensured that the boom mic stayed out of shot for the filmed interviews that took place in various locations.

Gaffer: October 2023

Hive Films - Leicester

- Responsible for the rigging of the lighting and adjusting the scaffolding.
- Adjusting the lighting brightness and colours for the scene setting.
- Making sure that the lights were not in shot for any of the camera movements.

Set Decorator: June 2023

Sue Townsend Theatre - Leicester

- Responsible for applying wallpaper to wings and walls.
- Having to measure and build walls for the set.

Runner: April 2023

Fishbulb Films - Leicester

- Responsible for making tea and coffee for all of the cast and crew on set.
- Making and prepping food on set for the cast and crew.
- Making sure that all wires and cables are covered and out of shot.
- Creating a fun and safe working environment.

1st Camera Assistant: September 2021

Siskamedia - Leicester

- Ensured the consistency of the clapperboard for the filming on set.
- Responsible for the building of camera equipment to be used on set.
- In charge of lighting on set and using reflectors.

Gaffer/Runner: June 2016

BBC - Leicester

- Responsible for reflecting lighting and assisting with the gaffer on the BBC Documentary, Secret Life Of Sue Townsend (Aged 68 3/4).
- Helping make Teas and Coffees for all of the cast and crew.

Education:

International Film Production MA: October 2023 to September 2024
De Montfort University - Leicester

Acting and Creative Performance Practice BA (Hons): September 2021 to June 2023
De Montfort University - Leicester

Level 3 Diploma in Media: September 2019 to July 2021
North Warwickshire and South Leicestershire College - Leicester

GCSE (9 Grade 4 - 6): September 2015 - 2017
South Wigston High School - Leicester

Skills:

- Cinematography
- Camera equipment knowledge
- Motivation and Leadership
- Teaching
- Directing
- Budgeting
- Film Script Development
- Timekeeping
- Editing Abilities - DaVinci Resolve
- Visual and Verbal communication skills
- Learning
- Recce & Risk Assessments knowledge
- Attention to Detail
- Analytical