



## LOCATIONS TRAINEE

I am currently seeking experience as a Locations Trainee with the help of ScreenSkills HETV Trainee Finder which I am hoping will assist me in starting and building my career in the screens industries. I am excited to make my first steps into the industry and am also willing to relocate for opportunities.



## EMPLOYMENT & EXPERIENCE

### Resident Optometrist | Vision Express Darlington

MAY 2021 – FEB 2023

- Responsible for performing clinical tests on patients and communicating clearly the results and delivering appropriate medical advice centered around each patient's needs
- Empathising with patients regarding their eye health and reassuring them about any concerns they may have
- First port of call for my colleagues when patients and customers attend with problems/complaints relating to their eye health or prescription, normally having to respond in a fast-paced environment
- Broadening my knowledge on relevant services in the area to accurately and effectively signpost patients and customers to alternative providers if/when Vision Express are unable to provide a particular service

### Pre-Registration Optometrist | Vision Express Middlesbrough

JULY 2019 – MAY 2021

- Assisting patients and customers in finding the most suitable spectacle and lens combinations, ensuring they were getting the best solution for their needs whilst remaining within their personal budget
- Responsibly handling cash in store when taking payments and operating the till
- Advising and styling the most with current eyewear trends and communicating these to customers to gain an exceptional customer satisfaction rate
- Preparing and maintaining the display shelves to effectively display the latest eyewear and spectacle releases to attract customers and maximise sales
- Maintaining a clean and safe shop floor throughout the day to ensure health and safety was adhered to at all times
- Working in an organised and systematic manner to meet assessment and exam deadlines in order to progress my career alongside working full time



## VOLUNTEERING

### Nightline | University of Manchester

OCT 2017 – MARCH 2018

- Attended weekly training sessions to prep me for my role as a telephone volunteer. This included workshops on how to be a good listener, empathetic and dealing with sensitive topics and explicit conversations
- Adhering to a bi-weekly rota, preparing in advance for a 12 hour night shift and being well versed on wellbeing services for troubled callers

## GCSE Maths Tutor | Acklam Grange Secondary School

- Planning lessons in advance, taking into account tutees strengths and weaknesses within the topic and formulating educational activities and tasks for them to undertake
- Communicating complex mathematical concepts and being able to adapt my teaching technique depending upon tutees responses



### SKILLS

- Early video editing skills, mainly using Adobe Premiere Pro
- Exceptional teamwork skills, showcased in both of my jobs since 2019
- Native proficiency Urdu and Punjabi
- Adult and Child Safeguarding certificate



### ACTIVITIES

I thoroughly enjoy hiking and outdoor walks. In October 2022 I hiked Mount Snowdon with my friends which was an extremely fun and satisfying achievement. I have also visited the Lake District for nature walks and regularly explore green areas in the North East. It would be impossible for me to visit these areas without photographing them. Landscape and outdoor photography is something I adore and am learning more on lighting and editing within photography. Recently, I have been involved in starting a YouTube channel with my friends where I have been responsible for editing videos on Premiere Pro and uploading them onto the channel. In my spare time I enjoy reading fiction books as a way to de-stress and broaden my imagination. At times I can surprise myself with how vividly I can picture characters, settings and locations when I am engrossed in a good book.



### EDUCATION

**BSc (Hons) Optometry | University of Manchester**  
SEPTEMBER 2016 – JUNE 2019

**REFERENCES AVAILABLE UPON REQUEST**

**THIS CV MAY BE KEPT ON FILE AND DISTRIBUTED FOR EMPLOYMENT PURPOSES**