

Curriculum Vitae

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Pontycymmer, Bridgend

Summary

I feel I have many qualities that would make me ideal for the role of becoming a Mindfulness Coach. I thrive on empowering young people to be the best versions of themselves. I feel I am very proactive within my day to day job and am very flexible when it comes to dealing new challenges. I am a very positive person and always keen to develop my skills further. I am motivated when it comes to working with others as part of a team, but also focused whilst working on my own. I have demonstrated over time that I am able to develop myself and others mentally as well as academically.

PERSONAL QUALITIES & TRANSFERABLE SKILLS

- Experience with a wide variety of children with SEN
- Dedicated, enthusiastic and motivated
- Patient and professional
- Ability to self motivate and work as part of a team
- Caring and Committed
- Passionate
- Good time management
- High Emotional Intelligence
- Good communication skills

EMPLOYMENT HISTORY

Maes Yr Haul Primary School: 2018- present.

My duties include:

- covering teachers PPA in years 4 and 5.
- Planning and teaching my own well being sessions, which include mindfulness, yoga sessions and lessons of sustainability.
- I am currently working in our nursery setting which is also supporting my studies as an Early Years Practitioner.
- During my time here I had the opportunity to take part in creating a wellbeing app alongside Cardiff University and Value-Added Education, which was launched onto the Apple app store in 2018.
- Here is a link to the video I created to document the making of the app:
<https://www.youtube.com/watch?v=pDlyTb-GI8c>

Coety Primary School: 2017-2018

Learning Support Officer –

- Nursery Class. My job consisted of offering continuous provision, enhanced provision, and focused tasks to the children in the nursery.
- monitor pupil's performance and reporting back to the class teacher.
- Managing pupil's well-being and behaviour in classrooms, outdoor learning spaces and around the school. Ensuring that the classroom is always safe, tidy and in good order.

EAL Support worker –

- I also worked with children with English as an Additional Language and Gypsy Travellers.
- I contributed to assessing pupils progress and supporting them in reviewing their own learning.
- I supported the teachers planning whilst adapting and customising curriculum materials.
- supported a child with Speech and Language barriers where I supported him in and outside of class.

Abersychan Comprehensive School: 2015-2016

Learning Support Officer - I was employed by this school to create an easier transition and add consistency for a pupil I had 1:1 with during his primary school years (please see below).

Pontnewynydd Primary School – 2006 – 2015

- Teaching Assistant on 1:1 with a variety of children with Additional Learning Needs (ALN) including profound and multiple learning difficulties, mental health disorders and emotional behavioural difficulties.
- training alongside a professional speech therapist
- worked with a child with Asperger syndrome and severe challenging behaviours. My success with my 1:1 was used as a case study in our Estyn inspection in which we received all excellence.
- worked with children from foundation phase right through to year 6 giving me the experience of working with both KS1 and KS2.
- Run breakfast and after school clubs.
- Supported the organisation with extracurricular activities.

Oakfield Primary School Pupil Referral Unit Jan 2006 – July 2006

Teaching Assistant on 1:1 with a child with severe behavioural difficulties.

- Using positive and effective strategies to control challenging behaviour.
- Worked with a variety of Additional Learning Needs including profound and multiple learning difficulties, mental health disorders and emotional behavioural difficulties whilst applying an empathetic and adaptable approach.

- Ensuring the safety of all pupils' and staff and assisting them throughout the school day as well as supporting classroom teachers with the delivery of a lesson.

Fostering Matters Respite Care 2009-2019

I have also been a respite foster carer with 'Fostering Matters'. I helped assist my mother, who fostered a child with numerous physical and emotional needs for 10 years. My "foster brother" has Cornelia de Lange syndrome, Autism Spectrum Disorder, Obsessive Compulsive Disorder, Oppositional Defiant Disorder, along with sexualised and challenging behaviour. Assisting with day-to-day routines include helping with hygiene, behaviour management, and meeting his social and emotional needs. This experience has helped me to gain a deeper understanding of Looked After Children.

PROFESSIONAL COURSES

Level 2 Teaching Assistant	First Steps Writing	First Steps Reading
NVQ play work	Apple iPad training	Read, Write, Inc
Catch Up Reading	TV studio training	Big Maths
Food Hygiene	Welsh For Teachers	ACE's training
First Aid	Teaching Talking	Safeguarding
Team Teach	Registered Respite Carer	

EDUCATION

University of Wales Trinity St David 2019- present

- Batchelor of Arts: Early Education and Care: Early Years Practitioner Status

Trevethin Community School 2000-2005

- 9 GCSE's C+ including Mathematics, English, and Science.

REFERENCES

Mr Kevin Stroud

Maes Yr Haul Primary School, Gentle Way, Bridgend, CF31 5EG

Mrs Heather Morgan

Coety Primary School, Ffordd yr Hebog, Coity, Bridgend, CF35 6DH

Personal Development Plan

Overall goal for the future: To become a mindfulness and well being coach for children.				
Area for further development	Why?	How?	Who/Where?	When?
The Emotional Literacy Support Assistant (ELSA) course – a course designed for teaching assistants to support the emotional needs of children.	To deepen my understanding of how to help children identify, understand and manage their emotions.	Approach Headteacher of the school I work in to enquire about attending the course through school.	Head teacher, the school I am employed at.	Request as soon as possible.
Organise an informal chat with Value Added Education.	Create a list of questions to ask Value Added to develop insight of what is involved with having your own training business. Value Added offer well-being training programmes to schools. This would help me to understand next steps I could potentially take.	Email the owners of Value Added and ask if a meeting is possible. Make my intentions clear. Organise an appropriate date to meet.	Value Added Education. A meeting in person, online or over the phone.	February 2021.
Register my interest in a Presentation Skills Professional Development Course at Cardiff University.	To improve my presentation skills and raise my confidence in public speaking.	Register my online Cardiff University.	Cardiff University	February 2021.
Contact University of Wales Trinity St David about the Mindfulness and Well-being for Professional Practitioners programme.	To see how I would enrol on the course and to find out more details about the programme.	Email UWTSD and book an open day	University of St David, Carmarthen.	June 2021.
Complete a Life Coaching Diploma – Level 3	To up level my skills on becoming a coach and gain more qualifications.	Enrol on the course online with Association of Learning.	Online Course	July 2021
Learn how to start up my own business.	Participate in Welsh Government's - Business Start Up Workshops	Apply online	Online with the Welsh Government	July 2021
Gain a professional coaching qualification.	To learn more on leadership and coaching and improve my credibility as a coach.	Apply for a Scholarship with Mindful Talent Coaching Academy	Online with Mindful Talent Coaching Academy	Jan 2022

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