

Curriculum Vitae

Name: Shane Cosgrave

Email: shane.cosgrave20@gmail.com

Personal Statement

A diligent professional with two BSc (Hons) degrees, in Counselling and in Education, and an Advanced Certificate in Early Childhood Education, with skills in crisis intervention and child safeguarding. Over five years of experience in education and counselling, bringing robust ability to deliver personalized and inclusive English language instruction. Creating engaging lesson plans tailored to diverse cultural and linguistic backgrounds. Adapting teaching methods to learners' needs at various proficiency levels and collaborating with colleagues, parents, and students to facilitate dynamic learning environments.

Core Proficiencies

Counselling Services: Proficient in assessing individual needs, fostering resilience, and delivering individual and group counselling, supporting various social, emotional, or behavioural challenges.

Education & Training: Expertise in curriculum design, development, application, and evaluation, as well as inclusive teaching approaches that empower and foster resilience and independent learning.

Early Years Education: Competence within early childhood development and education, ensuring the safeguarding, well-being, healthy socio-emotional and academic developmental of every child.

Transferable Skills

- Ethical Practice
- Resolving Conflict
- Supporting Growth
- Empathic Listening
- Group Facilitation
- Problem Solving

Professional Experience

Private Counsellor, Remote Practice (September 2022 – Present)

- ✓ Guided clients with emotional overwhelm through breathing and meditative techniques.
- ✓ Supported self-awareness, self-regulation, and resilience using evidence-based approaches.
- ✓ Assessed emotional, intellectual, and behavioural challenges for personalized interventions.
- ✓ Delivered psycho-educational content to empower clients in taking control of their own life.
- ✓ Evaluated progress, engaged in professional supervision and continued self-development.

Preschool Worker, Refugee Centre (January 2019 – January 2022)

- ✓ Supervised a classroom of up to 10 children, typically facilitated by two more team members.
- ✓ Adhered to national, professional, and centre policies to ensure high standards of education.
- ✓ Safeguarded children, including their development and well-being, in a child-centred manner.
- ✓ Developed and delivered short and medium-term educational plans tailored to each student.
- ✓ Tracked student progress, recorded observations, and adapted to students' emerging needs.

Omniplex Cinemas Inc., Dublin 09 (September 2007 – June 2012)

Cheers Off-licence, Santry, Dublin (September 2006 – May 2007)

Voluntary and Placement Experience

SOSAD, Drogheda, Co. Louth (June 2021 – Sept 2022)

Charitable counselling service for those aged 16yrs+

- ✓ Delivered counselling services to individuals

Teacher, Youthreach Centre (Aug 2015 – May 2016)

Alternative to mainstream school for ages 15-21yrs

- ✓ Taught communications and personal development
- ✓ Supported students to engage with their education

Childline, ISPCC, Dublin (Oct 2010 – Sept 2012)

Confidential helpline for children aged under 18yrs

- ✓ Helped children feel safe, valued, and empowered

Seasonal and Part-Time Experience

English Teacher, International College of English, Dublin (July 2019 – Sept. 2019)

- ✓ Taught students with intermediate level proficiency
- ✓ Facilitated culturally diverse classroom environments
- ✓ Engaged class with projects, assessments, and games

Online English Teacher, CAMBLY, TEFL Online (September 2022 – February 2023)

- ✓ Tutored all ages and all levels of English proficiency
- ✓ Assessed my students needs and learning preferences
- ✓ Maintained a 4.5- to 5-Star Tutor Rating on CAMBLY

Academic/Educational Background

IICP, Killinarden, Dublin 24 (September 2018 – June 2022)

- BSc. (Hons) In Integrative Counselling and Psychotherapy
- GPA*: Year 1: **2.1**, Year 2: **1.1**, Year 3: **2.1**, Year 4: **1.1**

TOC, Leopardstown, Dublin 18 (September 2018 – Mar 2020)

- Advanced Certificate In Early Childhood Care and Education
- Achieved distinction in all 8 modules (Highest Possible Grade)

Irish Language Development (June 2017– September 2018)

- Prepared for Irish language proficiency (oral) interview
- Enhanced connection to cultural heritage through Irish

DCU, Glasnevin, Dublin 09 (September 2013 – June 2017)

- BSc. (Hons) In Education and Training
- GPA*: Year 1: **2.1**, Year 2: **1.1**, Year 3: **1.1**, Year 4: **2.1**

Gorey Community School (September 2012 – Sept. 2013)

- Leaving Certificate Irish
- Grade achieved: H4/C2

*GPA 1.1 is the highest academic grade; GPA 2.1 is second highest grade.

Passions and Interests

Reflective Writing, Meditation, Exercising, Learning, Web Design

References available on request.