

INTERVIEW NOTES

LEWIS BRITTON

Strengths in Practice

- Organisation & Structure – Having had OCD as a child, organisation and structure comes naturally to me now. With my early start to the day, bed made, exercise, this sets up well for structure. Aiding this is my constant use of planning seen in my daily Timetables, relative To Do lists and other domestic relate planners.
- Efficiency – Stemming from a busy lifestyle, coding and cooking etc., I am efficient when it comes to multitasking and received excellent feedback on multiple occasions regarding my efficiency front of house at Sainsbury's.
- Accuracy & Care – Being exposed to antique, high quality goods from a young age, I was raised to appreciate and respect quality and care of my own and other people's property which is why it was so important to me at Sainsbury's that my service at tills was delivered with very much care. This came with very positive feedback from many customers.
- Problem Solving & Innovation – Having gone through weight loss, bullying, loneliness, anorexia and other issues, I have found myself having to create and build solutions on my own, on many occasions. This has given me good ability to create my own way into and out of situations. I also have an artistic side see in in things like CAD and DTP hobbies which highlight innovation.
- Efficiency Under Pressure – I tend to put myself under pressure a lot simply because I work better when faced by it. This was highlighted in situations at Sainsbury's where I may have been left alone on the shop floor at rush hour etc., where I would be managing all aspects alone or with one other individual.
- Integrity – Honesty is number one to me. I am a big believer in what goes around comes around and if you practice honesty, even if it may not seem right it will always be the right thing to do. This method helped me beat many insecurities such as intimidation and social awkwardness.
- Time Management – Refrigeration rotation. Close watching of my watch. A good mental clock. An ability to summarise and clarify well in a short space of time.
- Determination & Stamina – A natural drive to see happy customers. At Sainsbury's this was fulfilled by presenting the store well and ensuring

there my service at tills was efficient and stock was handled correctly.

- Unity & Empathy – Put in front of house at tills in previous job 9/10 times as I have an ability to interact and empathise accordingly with the customers.

Past Targets

University

- Achieve 100% in one or more coursework assignments or tests.
- Devote approximately 50 hours a week to university work on a 08:00-18:00 basis, Mon-Fri.
- Maintain positive relationships with people met at university in order to expand my horizons.

Employment

- Apply maximum effort to learn all aspects of company operations in my specific Sainsbury's Local supermarket, at my previous job.
- Ensure I come across as a pleasant co-worker to any possible colleague and a polite, well-faced server in any job I participate in.
- Always arrive to work, or elsewhere, within 15 minutes of start time.
- Never make excuses to miss a shift. And simply, never miss a shift. Adapt to suit the most appropriate situation/individual.

Personal

- Start a small business, that is the confectionery business, and make a small profit.
- Write a personal reflective book based on the knowledge I have gained through mental and physical problems in hope to clarify and help others with similar issues.
- Practice 80-20 health and fitness. That is exercising 6 times a week and eating a clean wholefood based diet 6 days per week.
- Set aside time for family/friends, leisure and personal entrepreneurial opportunities.

Passions

Finance & Economics

- Personal investing. Profitable.
- Financial advice and report writing.
- Interest in expanding my knowledge of simplified Python in MATLAB in order to gain a greater understanding of personal finance and investment

opportunities.

Sciences

- Interest in astronomy and dynamics of space, from a young age.
- Practice website building, general CAD operations and coding in free time to build miscellaneous applications and models.
- Interest in the science behind food which gives us a greater understanding of health, fitness and culinary components.

Vocals, Instrumentals & The Arts

- Self-taught at piano.
- Interest in vocals and expanding vocal horizons.
- Minor song writing.
- Miscellaneous hobby of desktop publishing. That could be physical web design, packaging design for confectionery business etc.

Culinary & Fitness

- Currently working on compiling a book of all the knowledge, understanding and recipes I have learned and adapted over time.
- I take pride in constantly learning about health and fitness as I used to be overweight and very incorrectly nourished. I see people who can benefit and attempt to help.
- I cycle and play tennis to maintain a strong workout regime.

Business

- I research and take interest in cycling, tennis and culinary/nutritional science. This allowed me to compete and win multiple minor tennis tournaments and complete multiple long-distance sponsored cycles.
- A friend and I have a huge interest in nutrition but also confectionery. Because of this, we started a small confectionery and energy ball company which also acts as a nutritionally informative and advisory position for us.