



Beata Greń-Onderko
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d.o.b.: 31st August
1963
Polish full driving
license
CRB on demand

Beata Greń-Onderko

Shop assistant

Career Profile I am a committed, hard working person who wants to make use of her abilities to listen to people, understand their needs, patiently take care and respect them. I have lifelong experience in childcare (in Poland, France and UK) but I am willing to learn and participate in professional training for health care assistant, as I have experience in this kind of care.

Key experience I regularly cook meal for an older lady, and sometimes help with health care. These meals are always made with very fresh ingredients. She particularly likes the soups that I make. I have also cooked for my large family for 25 years, including many times with gatherings of over 20 people. I can offer the following skills and personal qualities:

- hands-on experience of preparing food for large number of people
- good understanding of foods and nutrition suited to older people and basic hygiene good practice
- good knowledge of vegetarian dishes
- a good team worker
- a caring attitude to older people
- reliability and punctuality
- an awareness of costs in food preparation and interest in cuisine from different countries
- a willingness to learn and undertake an further training necessary to do a good job.
- an ability to learn quickly

Work experience

17th May 2016 - ...

Sales assistant in Euro Garages (Ross-On-Wye) FULL TIME

8th May 2016 - ...

Cleaner (PART TIME) at Parkfields Country House. Duties: keeping all areas of Parkfields Country house clean and tidy, sorting laundry, dusting, polishing, sweeping.

September 2015-April 2016

Au pair for two children : girl 22 months, girl 4.5 years old in Ross-on-Wye, UK

October 1986-June 1987

Afternoon babysitting in family orphanage: girl(8 years old); boy (8 years old);girl aged 12 with schizophrenia;

1988-89

24h/7 babysitting of 9-month old baby girl;

July 1990-August 1991

Au pair in Ventabren, France; 2 children: boy aged 1,5 and boy aged 3 as well as taking care of the house (cleaning, cooking, laundry etc.)

Training and Courses

03rd October 1985 -19th May 1986

First aid course at Polish Red Cross at PRC Wrocław

August 1986

One month language scholarship founded by French Embassy at University of Grenoble, France

02nd March 2009-30th June 2009

Training in Social Integration Center (Centrum Integracji Społecznej) in Wrocław. Aim: schooling in licensing and running social cooperative (446 hours)

10th September 2009-19th December 2009

English language course at Pre-Intermediate level in Yellow Language Center Sp. z.o.o (64 hours)

January -August 2010

Participation in „Women professionally active- It’s me” project concerning: 60h of UE projects management training, 8h of labour legislation training, 30h of computer skills training (MS Office), 8h of labour market training, 8h of psychology workshop, 8h auto presentation skills training, english language course finished with TOEIC exam

2009-2011

French language course at level B2/C1 in Alliance Francais Language School in Wrocław (3 semesters)

October 2014-July 2015

English language course at A2 level (coursebook A2/B1) with final exam

Education

1982-1987

Studies at Faculty of National Economics at Oskar Lange’s Academy of Economics (now University of Economics) in Wrocław

Skills and Interests

Languages

- English A2
- French B2
- German A1

Interests

- Natural medicine and herbalism
- Sports: fitness and skiing
- Films and festivals
- Gardening
- Classical music

References

References upon request.