



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

# Beata Greń-Onderko

## Health care assisant

**Career Profile** I am a committed, hard working person who wants to make use of her abilites to listen to people, understand their needs, patiently take care and respect them. I have livelong 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. I am full of energy, punctual and open to new challenges.

**Key experience** During the last summer holiday, I took care of elderly woman, 83 years old. I worked for her voluntarily for two months (after that I had to move to UK). She is completely blind and struggles with diabetes. I helped her almost every day with shopping, household duties and I listened with great pleasure to her life stories or poems she loves to recite. This experience showed me that taking care of elderly people is both for me and for them pleasant, and that it's the job I am called for.

## Work experience

**20th October 2016- ...**

Weekend Cook in Westbank Care Home

- Cooking for more than 40 residents
- Preparing breakfast, lunch, dinner, desserts, birthday cakes
- Works alone or with a help of the kitchen assistant
- Approximately 24 hours per week

**September 2015-...**

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

ling in licensing and running social cooperative (446 hours)

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### 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

- o English A2
- o French B2
- o German A1

### Interests

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

## References

References upon request.