

Therese Frimanson



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ABOUT ME

I want to make it simple for people to grow. From the stage lights to the shop floor, via an education in tech, I meet challenges with an open, analytical and flexible attitude.

LANGUAGE

Swedish and English

TECHNICAL SKILLS

Agile methods (Scrum, Kanban)

API

Docker

Git

HTML/CSS

IntelliJ

IoT

Java

JavaScript

JUnit

Linux

MacOS

MariaDB

Maven

MongoDB

Open-e, ABOU

Power Automate

Power Apps

Python

SharePoint

SQL (MySQL, MsSQL, SQL Server)

Visual Studio code

Windows

INTERPERSONAL SKILLS

Positive

Analytical

Problem solver

Service-oriented

Leadership experience

Category B driver's license

REFERENCES

Available upon request.

EXPERIENCE

Internship | IT Department | Herrljunga and Vårgårda Municipality

AUG 2024 – MAY 2025 TOTAL OF 27 WEEKS

Created an API to connect an IoT device in a buoy in the biggest lake in Herrljunga enabling citizens to access real-time water temperature data via the municipality website. ([link](#)).

Managed a project to build a Quality Management System in Power Apps, connecting Power Automate and SharePoint for the Municipal Chief Executive.

Built multiple e-services in ABOU and Open-E to support citizens and employees.

Sales & Customer Advisor/ Optician Assistant | Synsam Group Sweden AB | Gothenburg and Stockholm

AUG 2017- AUG 2024

Responsible for digital checkups, both 100% digital, and part digital.

Trained new employees and continuously optimized in-store processes to improve efficiency and customer satisfaction.

Retail Sales Associate | Across Various Industries | Gothenburg and Stockholm

JUN 2012 – JUL 2017

Customer meetings ranging from 30 seconds to 2 hours. During longer meetings, I focused on building trust and communicating clearly to help customers feel confident in their choices, leading them to return after visiting competing stores and complete their purchase with us.

Group Leader | The Church of Sweden and Onsala Gymnastics Association | Kungsbacka

MAR 2006 – AUG 2012

Leader for different groups with ages ranging from 2 to 85 years and 5 to 100 participants. Both gymnastics, music and general leader.

Musical Theatre Performer and Singer | Different Stages | All around Sweden

JAN 2015 – PRESENT ON THE SIDE

Different shows and musicals all over Sweden. Leading parts and ensemble.

EDUCATION

Java Enterprise | 2 years | Yrgo | Gothenburg

Stockholm Musical Education | 3 years | BASE23 | Stockholm

Single courses in Conducting, Singing, theatre leadership and other |

Royal College of Music in Stockholm and The Academy of Music and

Drama at the University of Gothenburg