

MANUEL KRUS GALVÃO LUCAS

Profile

I am a lively person who recently became a coding enthusiast and is looking to work with someone who is able to work hard and professionally, and also values the social aspect in the work environment. My main interests and hobbies are listening to music and to play the guitar, board games, travelling, food and coffee. Generally speaking, the only ways I do exercise is through playing football and squash.

Education

Sep 2020	Nov 2020	12 week Software Development Bootcamp	Nology (Bristol)
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Highlight

During the course, I worked in a client project using Javascript and React for whom I, along with other trainees, built a web application that offered food discounts in parts of London. I've also had the chance to project manage my team which enabled me to improve my confidence at planning, decision-making and problem-solving, as well as gaining resilience

Hard skills

Javascript. React, HTML, SCSS & CSS, Node, Firebase, Agile software development, Git, Typescript and Angular

Sep 2007	Aug 2011	BA (Hons) Sciences of Nutrition	Portuguese Catholic University
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The course mostly covered research, working in a clinical setting and included an internship where I worked with elite athletes.

Experience

Feb 2013	Sep 2020	Nutritionist & Key Worker	Maples Community Care
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Key aspects and transferable skills:

- Versatility. From a nutritionist role, I extended my job position to a key worker for adults with various disabilities; ran groups such as Nutrition, Computer and Guitar groups; and have managed the out of hours service multiple times;
- Flexibility. As I was frequently able to work overtime;
- Resilience. Through experiencing situations of challenging behaviour, I learned how to deal with stress while keeping a professional approach;
- Organizational skills and time-management: having had multiple appointments throughout the day, I greatly improved my timekeeping and how to be more pragmatic..

Oct 2011	Jan 2013	Clinical Nutritionist	Clinolival, Lisbon
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Key aspects and transferable skills:

- Problem-solving and decision-making. Through creating frequent meal plans for patients in order to meet their specific targets.