

# Matthew Christian Lam Hanselman

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## EDUCATION

### **Durham University, United Kingdom**

*September 2018 to June 2021*

*BA(Hons). Sport, Exercise and Physical Activity*

*Graduation Result: 2:1*

- Modules include: Dissertation on international elite sport policies; Sport Policy and Development; Applied Sport Psychology; Advanced Sociology of Sport; Sport and Exercise Physiology; Exercise Programmes for Health and Performance; and Media Sport.

### **Durham University, International Study Centre, United Kingdom**

*Foundation Humanities, Law and Social Science*

*September 2017 to June 2018*

- Modules include: Extended Research thesis paper; Biology; Human Health and Disease; Statistics; Psychology; and Anthropology.

### **Kellett School, The British International School, Hong Kong**

*Advanced Level*

*June 2016*

- Mathematics, Geography, Fine Art.

*International General Certificate of Secondary Education (IGCSE)*

*June 2014*

- Chemistry, Biology, Physics, English Literature, English Language, Mathematics & Statistics, Fine Art, Geography, Mandarin, Physical Education.

## WORK EXPERIENCE

### **Curious12, Durham**

*Digital Marketing Intern*

*July 2021 to August 2021*

- Followed the team and worked under the technical director developing, managing and delivering brands through web development and design.

### **Sport100, Hong Kong**

*Coaching Instructor*

*September 2019 to Present*

- Coached juniors aged 4-11 using sport to develop physical skills, confidence, and spoken English.
- Coached more advanced students aged 12+ fundamental basketball skills, emphasising not only learning new dynamic game skills but also having fun.
- This position taught me the importance of ensuring the students appreciated and enjoyed sport, not merely rushing them to learn sport specific skills.

### **Royal Hong Kong Yacht Club (RHKYC), Hong Kong**

*Rowing Instructor*

*March 2016 to Present*

- A registered club Rowing Instructor to coach lessons and courses.
- RHKYC has an active youth development rowing programme, targeting youth from local and international secondary schools in Hong Kong.
- Coached in rowing sessions, teaching ages 10-18 years with varying ability levels. Occasionally assisted with rowing regattas/competitions, in organisation and implementation.

### **Habitual, Hong Kong**

*Online Digital Marketing*

*August to September 2019*

- Worked with company founder developing ideas on how to promote the organisation to attract a younger audience. The company platform supports organisations and individuals to develop mental, physical and social health and well-being through coaching, exercise and nutrition.
- Responsible for advertising and marketing plans for attracting target market segment, working independently with guidance through regular team meetings.

### **Dream Sport Academy, Hong Kong**

*Basketball Coach*

*March to May 2017*

- Head basketball coach for Elsa High School, Carmel School Association, an international school in Hong Kong. Coached Under14 to Under20 boys, leading the U20 team from the bottom of their basketball division to runner-

up position. Coaching my own team showed me the essentials of building teamwork, motivation and morale, both individually and together, and the importance to learn and build through both good and difficult times.

### **TMAX Group Limited , Hong Kong**

*Business Internship Programme*

*February to March 2017*

- Rotation in sourcing, product development and production for multinational brands in the toy industry.
- Gave me access to supply chain management and an overview of the business process, taste of management with different management styles.
- Visited offices and factories in China to experience first-hand the product development/design, production, and quality control aspects of the industry.
- This internship enthused the idea of a business element to my future.

### **Melbourne High School, Melbourne, Australia**

*Rowing Instructor*

*October to November 2016*

- Affiliated with Sport Lived, a UK programme providing sporting gap years abroad.
- Attained my Australian community coach and Level 2 rowing coach qualifications in Australia.
- Coached rowing crews under Paul McGann, Olympian rowing cox, in Melbourne High School whilst being coached myself at Banks Rowing Club and Mercantile Rowing Club, Melbourne.
- This experience not only gave me an appreciation of how Australia promotes and supports sports but also gave me practical skills in independence and self-discipline.

### **StartJG, Hong Kong**

*Digital Design Internship*

*September to October 2016*

- Worked on specialised branding and interactive design in this brand/design consultancy, with strong digital and retail branding capabilities in the Asian market. Part of the creative team working on a client project for a navigation tablet for a business building, using my A-Level Fine Art skills in a business context.

## **EXTRACURRICULAR ACTIVITIES**

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### **Team Durham, Durham University**

*October 2018 to present*

- Member of the varsity basketball team playing for the university's second team, competing in UK's British Universities & Colleges Sport (BUCS) basketball league.

### **Royal Hong Kong Yacht Club Youth Development Committee, Hong Kong**

*Sept 2016 to June 2017*

- Junior member of the committee, meeting regularly with senior club members and administrators.

### **Kellett School, The British International School, Hong Kong**

*Sixth Form House Captain, Student Leadership Team, Prefect*

*April 2015 to June 2016*

- Contributed ideas to improve student welfare and school spirit; gave constructive feedback to communicate school goals and organise events. Made every effort to be a good role model by always being visible, accessible and participating in activities.

*Basketball Team member and Captain*

- Under12 through to Under20 age categories, competing in inter-school division leagues.

*Athletics Team member*

- Under14 through to Under20, competing in Hong Kong School Sports Federation track meets in triple jump, long jump, 400m, 800m, 4x400m relay.

*Federation of British International Schools in Asia (FOBISIA) Squad member*

- Competed overseas in athletics, swimming, basketball, football in Malaysia, Shanghai, Beijing.

### **Dream Sport Academy, Hong Kong**

- *Basketball academy elite team member* – through to Under20s; competed in local and overseas basketball tournaments, including Singapore, China, and Florida in United States.

## **SKILLS & INTERESTS**

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**Skills:** Microsoft Word, Excel, Level 2 Australian Rowing Coach Qualifications, Royal Yachting Association Powerboat Licence, fundamental Mandarin (IGCSE level), digital design, Adobe, Adobe photoshop, Adobe Illustrator, digital marketing certificate from Google, using available suites on Google.

**Interests:** Sport Psychology, Physiology, Global Sport Policies, Media and Design, Art; sports including basketball, rowing, track and field, hiking.