

## CURICULUM VITAE



### SHORT PROFILE

- ✓ Work experience in HR Recruiting and Development
- ✓ Experience in creating trainings and workshops
- ✓ Profound knowledge of organizational and work psychology
- ✓ Conscientious and quality-oriented work ethic
- ✓ Strong communication skills in English and German

### EDUCATION

- 09/2016 – heute      **6th Semester Business Psychology**, Human Resource and Organisation (B.A) Westcoast University, Heide; Current grade: 1.2, Expected graduation: summer 2019
- Practical course with insights into social-, personality-, work- und organizational psychology, aswell as personnel selection, testing and assessment, statistics and labor law
- Projects:**
- Designed a health management concept for companies in the logistics sector, focussing on specialists for warehouse logistics
- Qualitative research project about mobility and job search of young adults on the westcoast of Germany (Projekt „Rückenwind – Jugendmobilität Westküste“)
- Designed a workshop for stress management, and putting it into practice
- 08/2006 – 06/2014      Allgemeine Hochschulreife (1,8) - Friedrich-v.Bodelschwingh Gymnasium Bethel, Bielefeld (equivalent to A-Levels)

### WORK EXPERIENCE

- 03/2018 – 07.2018      **Intern HR Consultant**, profil<sup>2</sup> Personalmanagement GmbH, i-unit Intelligence Consulting GmbH, Braunschweig;
- Created concepts and content for trainings and workshops, held first step phone interviews, assisted in second step interviews, created and implemented a new acquisition concept
- 09/2017 – 02/2018      **Temporary Employee** in the cafeteria of Westcoast University, Studentenwerk Schleswig Holstein, Heide
- 08/2017 & 08/2016      **Assistant Cook** for youth traveling organization *ruf Reisen*, Camp Sardinia, Italy; Providing all-inclusive board for up to 200 kids and team members
- Training course to become head chef (Februar 2018)**, Future responsibilities: leading a team of six assistant cooks, budgeting, creating meal plans and purchasing, organizing deliveries

Nora Theresa Koch  
04.04.1996 | nora-theresa\_koch@web.de | 0160/7143149

07/2017 & 07/2016    **Assistant** in the childrens' hospital for children with epilepsy (educational department)  
& 03/2016 & 08/2014    Kidron, Bielefeld

02/2016 – 06/2016    **Cashier**, SB-Petrol Station  
& 08/2014 – 01/2015

01/2015 – 01/2016    **Au Pair**, Auckland, Neuseeland

#### SPECIAL QUALIFICATIONS

**Englisch**                      fluent (written and spoken)

**Französisch**                advanced knowledge (written and spoken)

**Spanisch**                    basic knowledge (written and spoken)


Advanced knowledge of the usual MS Office products (Excel, Word, Power Point) und SPSS

#### PERSONAL INTERESTS

Backpacking & Couchsurfing      Regularly travelling (solo) through south/east Europe and Australia/New Zealand, city trips, travelling in combination with my job as a cook

---

**Heide, 10.01.2019**



**Nora Theresa Koch**