

**Ben Swinfield**  
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### **Profile**

A reliable and conscientious individual who excels when working within a team environment and is equally effective working alone unsupervised. Flexible and always keen to acquire new skills whilst utilising existing ones. A very friendly, approachable and helpful person. Enjoys working and being active and to always be a major factor on a task.

### **Work Experience**

Abraham Moss Leisure Centre, Manchester

Mar 2012 – May 2012

Leisure Assistant (placement)

My duties mainly consisted of cleaning and maintaining the gym area & equipment as well as the pool area. I job shadowed qualified members of staff in order to gain more experience of working within this type of environment.

Airport Hotel, Manchester

Jan 2011 – Jan 2012

Trainee Gym Instructor

I was responsible for completing inductions which included explaining health and safety and how to use equipment. I gained a good understanding of health, building muscles, healthy lifestyles and diets.

Ulbster arms hotel (Work placement )

1st October 2014 > 24 May 2015

On work placement as part of college course, currently doing lunch service, gaining work experience working in a active busy kitchen and learning from the chefs.

Lock Erich Hotel

June 10th 2015 > 6th September 2015 Working in the kitchen mostly Breakfasts and lunches, lot of traffic and busy rush hours working under pressure getting orders out as fast as possible, small team, aswell so having to cover all aspects of the kitchen duties, cleaning, food prep, potting, ect. Often left alone to run the kitchen when the head chef had to deal with business outside of the kitchen.

### **Education**

Plant Hill Art College  
2002 – 2007  
Educated to GCSE standard, including Maths and English.

North Highlands College  
2013-2014  
SVQ level 1 Hospitality & Food preparation.

2014-2015  
SVQ Level 2 Professional Cookery

### **Training**

- First aid
- Health and safety
- IHG Level 2 gym Instructor qualification
- SVQ level 1 hospitality and food preparation
- How to use kitchen equipment
- How to prepare fruit and vegetables for service.
- How to serve a customer on the Hot holding
- SVQ Level 2 Professional Cookery

### **Interests**

I enjoy spending most of my time working out in a gym as my main interest when I have little to do and no money. When I am not at a gym I also like to surf whenever possible as well. I am also a professional wrestler working with the local wrestling company (CPW) under the stage name Lex Carver having done professional wrestling for 3 years nearly. Practicing Thai boxing is also a interest and other martial arts such as boxing, tai chi and MMA. When I am at home I enjoy spending a lot of time playing on all kinds of games and on my PC mainly and know how to use one really well, even teaching my mother how to use on. Aswell as alot of cooking in my free time when i have a chance.

### **References**

Helen Campbell  
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College Tutor

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