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© Stephanie Claire

Dolly Henshall

Location	Essex, City of Bristol	Eye colour	Brown
Height	163 cm	Hair colour	Dark Brown
Weight	57.15 kg	Hair length	Long
Playing age	16 - 24	Voice	Bright, Cheerful, Cool, Enthusiastic, Sincere
Appearance	White		

Dolly Olivia Henshall Howar Phone: 07534200118 Date Of Birth: 14.01.2005 Personal profile: I have been confident and ambitious in my career so far, resulting in achieving positions involving levels of trust, organisation and responsibility. I am quick to learn new skills and am extremely capable of working individually and within a team. I am organised, enthusiastic and motivated to continue to work on and improve skills I have learned from previous jobs. My previous jobs include being a kitchen cleaner/pot washer where I learned the importance of keeping hygiene levels at a high standard... for myself and for the facility. I have also worked supporting adults and children using kayak and paddle boarding facilities, this meant I had to know the policies and procedures of working with water and the types of hazards and risks involved within that. I had to make sure that every user was comfortable and safe when entering the water and exiting. I have worked as a life guard at two holiday parks, I am trained in first aid and have a defibrillator qualification. I have also worked with disabled/ physically deformed children at a summer camp for burns victims, within this i would encourage and support young children who may be scared to show their scars or participate in an activity, as a burns victim myself i understand how it can feel to be discriminated against and will never judge someone based on appearance or ability. I have a passion for sport. I have good problem solving skills and can remain calm in stressful situations while also thinking on my feet. I have an excellent reputation of being reliable, trustworthy, honest, hardworking and well respected with my peers. I have worked hard in building effective relationships and supporting my work colleagues. I am open minded and am a good listener, I have a warm and friendly approach and am clear and concise. I am flexible and will embrace change. I have a good understanding of safeguarding procedures and the importance of health and safety. I am also able to follow policy and procedures well. I have excellent people skills and customer service as I have always worked at jobs that have people asking many questions, however I will always put the safety of pool users and staff above addressing concerns while at work. I have an amazing understanding of most types of swimmers and facility users that may enter the centre, this means that i can deal and converse with many types of customers. I have a good understanding of equal opportunities and have put this into practice within my previous work roles. I will never carry prejudice with my work role and will keep a positive attitude. Work History: Constable park (restaurant and watersports centre) Burns camp (created by the broomfield burns ward) Park holidays (worked as a life guard) Park dean (worked as a life guard) Education: 2021- 2023 Suffolk One College Performing arts extended diploma BTEC - D*D*D 2015- 2021 St Joseph's College, Ipswich GCSE's: English lit/lang- 5, Maths- 4, Science- 5, Drama- 9, Religious Education- 7, Art and Design- 5, Food Tech- 4 2023-2024 MET Film school Certificate in acting for film (ongoing) Certificates and experiences: NPLQ - 12th august 2022 Annual Volunteering at burns camp Interests and Activities: I have always been interested within the sporting industry and am a very sporty person myself, having played hockey for performance Centre (amateur professional). I am also very interested in drama and performing arts. I regularly visit theatres to see new musicals and shows. I enjoy spending time and conversing with my family and friends. References: Professional reference: Constable park water sports and restaurant- Sarah williams (owner) Bergholt road, brantham, manningtree, CO11 1QR Info@constablepark.co.uk Character reference: Alison Nightingale, swimming teacher, aqua instructor. 07971391966

Accents	American-Standard, English-Standard*
Languages	English*
Music & dance	Singing (general)
Performance skills	Children's Theatre, Comedy, Commedia Dell'Arte, Immersive Performance, Lip Sync, Verbatim Theatre
Sports	Hockey (field)
Other skills	Lifeguard

(* = highly skilled)

Training	St Joseph's College (Ipswich), GCSE Drama, grade 9 Suffolk One College, Performing arts btech, (this course included singing, dancing and acting) MET Film School, high intensity short course, acting for screen
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