



Jamal Kamara

I'm straightforward, disciplined, charismatic, friendly, confident, and empathetic, connecting easily.

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Languages

English (Native)

About

I'm a straightforward and disciplined individual who values honesty and integrity in all my interactions. My charismatic nature allows me to connect with people easily, making me a friendly and approachable presence. I exude confidence in my actions and decisions, which inspires trust and respect from those around me. My empathy enables me to understand and support others, fostering meaningful relationships and a positive environment.

BRANDS WORKED WITH

German Doner Kebab

McDonald's

Bromley and Downham Boxing

Experience



● Kitchen Staff

German Doner Kebab | Jan 2022 - Jan 2023

- Played a vital role in the food preparation and kitchen operation at German Doner Kebab.
- Demonstrated excellent communication skills and maintained high standards of food quality by ensuring excellent food hygiene.
- Collaborated with team members to ensure a smooth workflow in a dynamic kitchen environment.
- Actively being involved in the kitchen to maintain customer orders and ensure health and safety standards are adhered.



● Crew member/Stock Off loader

McDonald's | Jan 2021 - Now

- Balanced dual roles at McDonald's, handling customer service & food preparation as a crew member and stock offloading responsibilities.
- Following standards such as maintaining food preparation, cleanliness, and hygiene.
- Working part of a team to provide excellent customer service and high standards.
- Showcased strong communication and organisational skills in managing stock shipments and verifying deliveries.
- Maintained composure under pressure, contributing to the overall efficiency of restaurant operations.

● Junior Boxing Coach

Bromley and Downham Boxing | Jan 2021 - Jan 2023

- Being involved in rigorous training and conditioning to prepare for the physical demands of the sport.
- Adhering to strict rules and regulations to ensure a fair and safe competition.
- Participated in competitive matches nationally and internationally.
- Developed tailored workout plans for individuals who are new to boxing based on their individual goals and physical abilities.
- Shadowed certified coaches to build on coaching skills and knowledge to mentor the youth and build boxing skills.

Education & Training

2022 - 2026

● University of Westminster

Bachelors, Computer Science

2020 - 2022

● ICT London South-East Bromley College

I.T Btec Level 3 Grade – D D D,

2015 - 2020 ● **Harris Academy Beckenham**

Math English literature Science Btec sport science Computer science,