

# Mary Dornu Gbaamo

A hard-working individual, learn to work quickly and efficiently under pressure.

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## Languages

English

## About

I am friendly, helpful and polite. Able to work independently and in a big team in busy environments. Focus on self-improvement and eager to learn new skills. Able to handle multiple tasks on a daily basis. An organised person, like to manage workload, and being organised at all times. Learn to work quickly and efficiently under pressure.

### BRANDS WORKED WITH

Barchester Wimbledon Beaumont Care Home.

McDonald's

## Experience

### Care assistant

Barchester Wimbledon Beaumont Care Home. | Sep 2023 - Now

I work as a activists in a care home. My role is to assist residents in doing things such as staying fit, which aids in their mobility. I also work as a care assistant. My role is to provide emotional and physical support for vulnerable and frail people. My duties include bathing, feeding and dressing patients as well as recording care progress.



### Southfields | Jan 2024

70 hours. My role is a set of day-to-day activities which is financial planning and record keeping. I gained technology skills such as using Microsoft office (Word, PowerPoint, and excel).



### Crew member

McDonald's | Dec 2021 - Dec 2022

Worked in McDonald's for a year and gained soft skills such as: communication, customer service, adaptability, handling difficult situation, planning and organising. These are all important because these are the skills employers value in employee. In McDonalds I perform multiple tasks at once. With multitasking, I can divide my attention while still fulfilling my job duties. For example, as a cashier, I can manage the check-out lanes, greet customers as they enter the store and speak to customers who call the store's phone, all at the same time. Multi-tasking is essential skill because it will benefit me from working in jobs for example, retail.



### Caremark | Jun 2022

is to record billing, ensure passport are accurate.

## Education & Training

2022 - 2024

### Kingston College

study level 3 foundation diploma health and social care,