**Ambe Cudjoe**

214 Gammons Lane, Watford, WD24 5JH

**Mobile:** 07715881255

**Email:** ambe.cudjoe@hotmail.com

**PROFILE AND SKILLS**

* First-year Psychology student keen to gain more experience in Psychology, Health, and Sport
* Experience in fitness instructing and teaching the public about health and exercise
* Good communication skills from employment and working with different groups of people
* Excellent IT skills with experience using Microsoft Office and Apple software, online applications and social media
* Student member of the British Psychological Society

**EDUCATION AND QUALIFICATIONS**

**2019 – to date BSc Psychology (Sports, Health and Exercise) Brunel University London**

Key Modules: Physical Activity, Health and Wellbeing (A); Statistics (A); Brain and Cognition; Fundamentals of Sport, Health & Exercise Sciences (A)

**2011-2018 Watford Grammar School for Girls**

A-Levels: Psychology (A), Music (B), Biology (C)

GCSEs: 10 (A\*-B) including English Language (A), Maths (B)

**Additional Qualifications**

* Level 2 Certificate in Fitness Instructing (Innovate Awarding)
* NVQ Certificate in Activity Leadership (Innovate Awarding)
* National Pool Lifeguard Qualification (RLSS UK)

**WORK EXPERIENCE**

**2016 -to date Pathfinder Club Junior Counsellor**

* Organisation similar to scouts
* Teach younger members (7 years +) new skills and awards such as camping and first aid
* Keep children engaged using exciting activities while delivering requirements of the curriculum

**Sept 2018 - 2019 Everyone Active Watford Central Activities Apprentice**

* Used effective communication skills and remained professional while working as a receptionist to provide valuable customer service
* Organised administration when in charge of monthly reviews of leisure centre’s sports school, surveys and files
* Known by managers for producing high quality written work, especially for writing report contributing to the centre achieving Quest Stretch award
* Good listening skills and displayed patience whilst I assisted members in the gym and paid attention to their needs to form a personalised workout programme

**Jan 2017-2018 Watford Football Stadium Public Caterer**

* Served customers calmly and effectively while working in a high-paced environment
* Teamwork skills used when working with other colleagues to check stocks to ensure an efficient service
* Followed precise instructions given by managers and team leaders

**ACHIEVEMENTS**

**2019** Most improved player of Brunel University Netball Club

**2019** Grade 8 Violin (ABRSM)

**2018**  Diamond Award at school for A-Level Psychology research project

**INTERESTS AND HOBBIES**

**Music:**

* Enjoy playing violin and piano (grade 7 standard)
* Currently teaching myself Ukulele
* Member of chamber group that performed at National Music for Youth Festival competition

**Netball:**

* Playing in netball leagues since 2012
* Committed member of university netball team – attend weekly training sessions and matches
* Newly elected charity representative for Brunel Netball Committee