

Carrie Howes

Main cv

Pontefract WF9 1JD

carriehowes4_xpi@indeedemail.com

+44 7851 860496

I am organised and time keeping and a great communicator of all aspects of communication. I am positive, hard working , reliable , confident and bubbly. I want to learn and am keen to learn new skills in various sectors . I am flexible and always put 100% into every task given . Although I lack experience and dont have a driving licence I still have 100% potential to attend to every task set and learn new skills. I am approachable and have a friendly personality and have the ability to get along with everyone . I am good at problem solving and remaining calm under pressure.

Work Experience

Care Assistant

Horizon care-Pontefract

June 2019 to June 2020

I worked in a residential care home as a care assistant. I left due to being bullied by staff members and to focus on my health.

Volunteer

Gillian Greenwood-Sowerby Bridge

February 2013 to September 2016

I helped out on and off over these years in a family friends charity shop , I had left duento focusing on my college course .

Education

Diploma of higher education in Cognitive behaviour therapy

Online course with Alison training - Remote

January 2022 to February 2023

Starter course

L3 in Art and design

Kirklees college - Huddersfield

September 2015 to August 2017

Gcse grades (c-d) grades in All gcse subjects

Salendine nook academy - Huddersfield

September 2010 to August 2015

Skills

- Art And Design (4 years)
- Drawing (5 years)

- Family / personal caring (5 years)
- Personal Care
- Caregiving
- Organizational skills
- English
- Time management
- Communication skills
- Listening skills
- Basic IT
- Problem solving

Certifications and Licenses

Cognitive behaviour therapy diploma

January 2022 to Present

I have completed an online diploma course and passed with Alison training . The course is cognitive behaviour therapy.

Additional Information

I do not drive or have professional experience as I have been caring for family with learning disabilities. It includes me handling important letter , appointments , money , shopping, assisting around house , and chores , also with hobbies and socialising. So I have worked in residential care too for a short period .but am willing and flexible to learn new job skills .