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Gyvenimo aprašymas (CV)

*Norėdami matyti vardą ir pavardę, turite*  
[Prisijungti](#)

**Kokio darbo ieškau? Mano teigiamos savybės**

Bartender, Alfred's Bar and Grill, Pontypridd, UK 2021

Student Union staff member, UK University of South Wales 2021-2024

Prepared alcohol or non-alcohol beverages for bar and restaurant patrons. Interacted with customers, taking orders, and serving snacks, and drinks. Meticulously assessed customers' needs and preferences and make recommendations. Mixed ingredients to prepare cocktails, planned, and presented bar menu. Managed restocking and replenishing bar inventory and supplies. Leveraged on time management skills to ensure efficiency and timeous delivery of drinks to customers.

- Delivered exceptional customer service which increased client retention and repeat visitors.
- Developed knowledge of various drinks and how to mix them championing on adaptability to various settings quickly.

Vilniaus Zemynos Gimnasium, Vilnius, Lithuania 2018 – 2020

Volunteer Dance Choreographer | Actor | Gymnasium

Created dance steps to fit mood, music, theme, and ensured its audience appropriate. Supporting, guiding, and explaining all steps and formations to dancers. Ensured studio or venue is available for rehearsal and dancers are notified timeously. Attended shows and events to gain new ideas and network with others. Invited guests to learn more about country's history by modern acts on display through arts and elderly participated by recreating scenes from olden days. Conducted research by watching dance shows, attending performances, and reading up on different routines.

- Participated as part of group tasked with representing school at national and history festivals including 'Day of State Restoration', 'Day of Independence Restoration' and many more.

Career Notes: With eight years of Sports Dancing.

UK-Lithuania, Self-Employed via Online 2020-2022

Online Tutor | Hired through digital platforms and related bodies

Worked with Lithuanian college students using distant learning platforms. Commenced in researching and delivery of writing material that was requested per a quota order. Assisted in reviewing college material and enhancing the academic level of students. Played a virtuo role in the flourishment and excellence of college students in the set academic spheres (Report writing, Researching, Rhetorical speaking, Essay writing).

- Obtained knowledge working as an academic guide and tutor, lavished researching and academic material writing.

Social Support Worker, UK Acumen Care Services 2022-2023

Accomplished full training on support work bases supporting children and adults with mental and learning disabilities, achieved certifications. Achieved liability and understanding of how diverse groups of people lead daily life and variety of responses shown, regardless of mental stability or physiological quirk. Working in different settings – support houses, private care and exposed to managing both day and night shifts.

- Developed real life experience of what it's like to take care of, communicate with people in need.
- Applied psychological observation and clinical experience to understand diverse individuals with unique mentality traits.

2023-2024

Anonymous Voluntary Online Listener, Online Charity Based on Youth-Adolescent Social Platform in One of the 'Discord' Host Servers

Flourishing and enhancing listening skills, developing professionally mindful and supportive approach, mastering anonymous and safe-listen and share method. Activity liaised in over 100 hours of performing the role of 'Listening and Hearing out' people under a strict full anonymity code. No advice was allowed to be given, the charity's role was specifically to give people space to be heard out and allowed to 'rant' and share their life concerns.

2023-2024

Student Ambassador, UK University of South Wales

Welcomed and guided guests through the institutional open day; was responsible for psychology department, campus tour and performing smooth transition talks over the programme. Assisted diverse individuals in their needs to allocate and attend assigned programmes. Shared my academic life experiences with the variety of people and represented with honour the university and it's academic staff.

2023-2024

Play Therapy Internship, UK University of South Wales

Throughout a year, I consolidated and flourished clinical experience working in Play Therapy (PT) settings. The practice involved theoretical revision of PT, it's an application in Shadow Shifts with the young clients. Not only did I participate in a similar role to support work but I applied my vast practical skills as a clinical psychology student. The Internship helped to understand rapport building, compassionate approach and Motivational Interviewing for clients who needed help.

## Education

Modern Asian Studies, MSc 2026

Vilnius University, Lithuania, Vilnius

Clinical Psychology, MSc 2024

University of South Wales, Treforest Campus, USW, Pontypridd

Psychology, BSc 2023

University of South Wales, Treforest Campus, USW, Pontypridd

High School Diploma, 2020

Vilniaus Zemynos Gimnasium, Vilnius, Lithuania

## Languages

English, Fluent

French, Intermediate

Lithuanian, Native

Russian, Fluent

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Growing Psychologist

## Kontaktai ir pagrindinė informacija apie mane

Proactive, goal-driven, and meticulous professional looking to leverage skills in driving client and Gimimo data 2001-12-12 (23 m.)

task satisfaction, steering goals within focus field, and enhancing community engagement through Lytis Vyras

psychology. Skilled in liaising with diverse teams to communicate objectives and meet targets. Well- Gyvenamoji vieta Vilnius

versed in building community trust and improving engagement through strategically planned and Telefono numeris Noredami matyti kontaktus, turite

project-managed events to increase knowledge about culture and history. Adept at managing

Verba pro adiectis skills, programme development, promoting research and analysis skills.

Prisijungti

## Areas of Expertise

- Customer Service
- Community Engagement
- Programme Development
- Academic Researching
- Compassionate Approach
- SPSS Data Methods • Strategic Planning
- Social & Healthcare Support
- Administrative Support
- Clinical Psychology
- Microsoft Software Skills
- Interviewing • Leadership & Coaching
- Project Management
- Inventory Management
- Diverse Teaching & Communications
- Data Analysis

## Career Experience

Bartender, Manami, Vilnius, Lithuania 2020