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| **PAUL O’CONNOR**14 Gordon Brown Place, Mallaig, Scotland PH41 4RL 00447383099763[pauloconnor1979@gmail.com](mailto:pauloconnor1979@gmail.com) ·· DOB 26/01/1979 |
| I am hardworking and reliable with impeccable time keeping.Successful in my career goals and I am keen to develop and learn new skills.I have experience in all aspects of working and running a galley, and have worked in a brigade and lead one also. I feel over the years and varied vessels I have acquired enough knowledge and learned from some fantastic people, that I now ready to tackle many challenges and pass on my knowledgefull clean driving license and maritime discharge book where required.experience training as a member of HM Coastguard in Mallaig. This included training in:First aid, map work, search techniques, communications**EXPERIENCE** 12/2020 - present dayChief cook at Pentland ferriesCooking a healthy varied diet for up to 15 crew , doing 6 sailings a day carrying up to 450 passengers.In charger of all ordering, menus, allergens and daily galley running .06/2020 - 11/2020Cook on board Dive Support Vessel DSV . Working in the North Sea on board MMA pinnacle on 2 monthly rotation as cook. Employed via Worldwide recruitment services WRS01/2018 – 06/2020Agency chef working at land and at sea. Various roles and vessels ,from ships cook on supply boats and passenger ferries for Clyde Marine, Bachman recruitment and Ellismac recruitment. |

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| 03/2016 – 10/2017Senior catering rating, Caledonian macbrayneDay to Day duties, working as 2nd cook cooking for up to 190 passengers every 4 hours, plus crew meals, cashing up, stock control, Food preparation, General cleaning duties as and when needed. |
| 06/2013 – 09/2015Junior Sous Chef, **THE HILTON GROUP**Placement’s in various international locations. Working alongside head chef coordinating day to day running of 5\* hotel kitchens and restaurant’s. Duties included formulating menus, stock control, staff rotas, health and safety management and team management04/2008 – 05/2012Commis chef, THE WESTBURY HOTEL DUBLIN 1Learning all sections and aspects of being a chef . from preparation, menu planning, ordering, running a section while doing NVQ 1 2 3 over 4 years as a day relief student.**Education & Certificates** |

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| 06/2015 TO 06/2016Stcw 95 maritime skills level 5, UHI MallaigMaritime EnvironmentSmall Boat EngineeringHealth and Safety in the Maritime SectorSTCW 95 (Personal Survival Techniques; First Aid; Personal Safety & Social Responsibility)RYA Intermediate PowerboatRYA VHF RadioRYA Day SkipperRope Handling, Splicing & KnotsPPSTPPSRFirefighting and prevention at seaCrowd and crisis managementSecurity awarenessEng. 1Seaman’s Discharge bookHUET with EBDOGUK medicalSlinger banksmanMounted hydraulic crane operatorUAE residents visa |
| 07/2003 – 08/2007 YearNvq 3 catering, CERT catering college Dublin 1NVQ 1, 2 and 3 in cookery and catering.Advanced Food Hygiene.Basic First Aid. |

### SKILLS

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| Work well as part of a team as well as using my own initiative.Experience of coordinating a team and meeting deadlines.Excellent time-management.Excel well in high pressure situations. Adaptable and quick to learn new skills.Cheerful and friendly disposition. |  |
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