

Lorraine Bedingfield

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Personal Profile

A freelance trainer with an extensive hospitality background and a strong understanding of learning strategies and opportunities available to young people and adults. As a former member of the Glasgow Children's Panel I have developed a keen knowledge and strong interest in the youth of this city. I am a tolerant, friendly and empathetic person who enjoys responsibilities.

Employment History

2004 to present

Freelance Trainer, various locations

Delivering employability skills and PSD training on a freelance basis with various organisations including Gary Bedingfield Training Services, Routes to Work, MI Technologies, the Scottish Training Foundation and the Rathbone Choices programme.

2005 to 2011

Glasgow Children's Panel (voluntary)

Panel Member/Chair

Responsible for ensuring hearing is run within legal and best practice guidelines. Making fair and judged decisions relevant to each separate family's situation. Informing young people, their family and the Local Authority of their legal responsibilities and rights.

2010 to present

Ethnika Agency, Glasgow

Supporting Artist

Supporting roles in television shows including the BBCs' River City.

1999 to 2001

Ashoka Restaurants, Bearsden, Darnley and Glasgow

Maitre d'hôtel

Meeting and greeting customers, reservation preparation, waitressing, bar work and money handling.

1998

Kwik-Fit Insurance

Sales - Outbound

Direct dial calling and selling various car insurance products.

1993 to 1994

Agency Work, various locations

Personality Girl

Engaging the public in new market products.

Employment History (continued)

1992 to 1993

Abbey Life Insurance, Glasgow

Insurance Sales Person

Meeting clients, explaining products and selling relevant insurance.

1989 to 1992

Passage to India Restaurant, Glasgow

Waitress

Greeting customers, taking orders, serving food and money handling.

1987 to 1989

Ashoka Restaurant, Glasgow

Waitress

Preparing coffee and deserts.

1987 to 1989

Brian Ford Partnership, Glasgow

Typist/Receptionist

Answering telephones and typing all outgoing correspondence.

Education and Training

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|--------------|--------------------|-----------------------------------------------------------------------------|
| 2010 | GBTS | Train the Trainer |
| 2005 | COPE | Suicide Prevention |
| 2004 | CHEX | Health Issues in the Community |
| 2000 | EHD | Food Hygiene |
| 1983 to 1987 | Waverley Secondary | Standard Grades in English, Maths, Secretarial Studies, Biology and History |

Hobbies and Interests

In my spare time I enjoy reading, following football and dining out. I am a vehicle owner with a clean driving licence.

References

Mr. John Anderson
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