

CURRICULUM VITAE

Name: Henry Esling

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PROFILE

I have recently completed my degree at University Academy 92 studying Sports Media and Communications. During my time at university, I have lead teams in marketing and documentary projects as well as hosting podcasts and events. At University I have expanded my skills in video editing as well as photography. I have become a more professional and outgoing person and I look forward to continuing my development in my career after I graduate.

EXPERIENCE

January 2023 – September 2025: Sports Coach & Lifeguard, Sports Coaching Group, Middlewich

I worked as part-time Sports Coach and Lifeguard. This was a job that I used to fit around my A-Level studies and which I then worked during university holidays. This job required me to visit primary schools and deliver high quality sports coaching sessions and after school clubs, as well as delivering P.E lessons during the school day, and holiday clubs outside term-time. I am also a qualified lifeguard having completed the National Rescue Award for Swimming Teachers and Coaches Assessment.

March 2023 - September 2024: Bar Staff, The Bird and hat

When I had completed my A-Levels I started working part-time, 2-3 nights a week, at a very busy Bar/Cafe where I was responsible for serving customers. The role required me to be flexible as I was often running the bar alone during quieter periods, or in a team of 3-4 people during busy spells. I learned a lot about teamwork and customer service from this role.

May 2022 - March 2023: Shop Assistant, Tesco Supermarket, Northwich

During my A-Level studies I worked part-time, 7am - 2pm every Saturday and Sunday, at Tesco where I was responsible for picking out online orders, assisting in-store customers and helping with stock replenishment.

December 2025 – Date: Club operative, Soul Padel, Stockport.

I currently work as a padel club operative at Soul Padel Stockport where I work either morning or afternoon shifts and run the operation of the club alone. I am responsible for the customer's experience, booking enquiries, Sales and promotion and social media management while on shift. I have helped the company achieve: 359,936 views, 29,452 accounts reached (a 45.3% increase), a 10% increase in followers and 1972 account interactions since I started working at the company.

I am currently taking on a 4-week project for Soul Padel where I am working with senior members of staff where we are re-branding and re-launching the Instagram account for the new club opening up in Scotland

EDUCATION

GCSEs: English language: 5, English literature: 5, History: 6, Maths: 5, Design and Technology: 5, Geography: 4, Combined Sciences: 4-4, Btec Business: L2M

A-Levels - Btec Business: Distinction Star, 3D Design: B, Sociology: C

HOBBIES AND INTERESTS

I enjoy socialising with my friends, attending live music concerts and festivals, and travelling. I play football on a weekly basis for my university competing against other universities as well as with my friends in a 6-a-side league. I also play golf and enjoy playing padel with friends and competing in tournaments. I also have a great interest in photography and love taking photos on my camera in around my local area.