

# Eesha Tyagi Gupta

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## Skills

- Strong Verbal and Written Communication
- Good Work Ethic
- Patient and Observant
- Organised, Strong Time Management
- Creative and Proactive Problem Solver
- Empathetic
- Adaptive and Flexible

## Awards and Certifications

- GCSEs
  - Physics- 8
  - Geography - 8
  - Chemistry - 7
  - Biology- 6
  - Maths - 6
  - English - 6
- Duke of Edinburgh, Bronze Award
- Teenspire Global Mission, Certificate of Appreciation
- Certified Swimming Instructor - Swim England

## Experience

### Work Experience — Leeds Physiotherapy Clinic

APR 2023 - MAY 2023

The vital role played by medical professionals in improving people's quality of life whilst treating their illness has been an attractor for me. My work experience further cemented this. I learnt about the evidence-based medicine approach, backing treatments with evidence is important to increase transparency and build trust with providers. It enabled me to link it to the NHS Constitution principle; "the patient will be at the heart of everything done". I observed key skills needed to be a successful medical professional, one being clear communication so patients can understand inference properly, especially when approaching lifestyle changes. I appreciated the value of time management, as appointment volumes can vary daily, so planning effectively helps manage other aspects of the job whilst prioritising patients.

### Community Engagement — Roundhay Primary School

NOV 2022 - PRESENT

In this community engagement project I am doing a weekly Teaching Assistant role in a class of 30 students helping the Teacher with set-up, answering student questions, resolving classroom issues and supervising students in the classroom and playground. This has given me a more in-depth understanding of teaching in a classroom setting and has taught me how to resolve issues in real-time.

### Teenspire Global Mission — Mentorship

14 MAY 2022 - 15 OCT 2022

Through a 6-month online volunteer program, I mentored students from Ghana, Kenya and Nigeria to understand opportunities in the future of work. I participated in webinars with Cindy Kiro, Governor-General of New Zealand and Matthew Roberts, Business Intelligence Director, Formula E and shared my perspectives on LGBTQ and Data Management.

### Trinity Acting — Grade 6

MAY 2022

I have completed the Trinity College London acting exam from grade 2 to grade 6. I completed Grade 6 in May on top of my GCSE exams. This improved my confidence and stage presence, which helped me grow and maximised what I could gain from other experiences.

### Duke of Edinburgh — Bronze

JAN 2021 - AUG 2021

I have completed the bronze Duke of Edinburgh award, to achieve this I had to complete a Sport, Skill and Volunteer every week consecutively for 6 months each. I organised all my activities and coordinated with an adult from each activity to confirm my participation and commitment to each activity. I also completed a 2-day trek where I had to plan and coordinate with my group members to ensure we had all the equipment we needed for the trek as well as ensure we had planned a route card and had maps prepared.

### Volunteering — Mombasa Primary School, Kenya

27 June – 4 July 2019

For this Volunteer Project, I traveled to Kenya where I supported and assisted the local community for 8 days. I taught English and Maths at Mombasa Primary School and helped construct a new diner building. I also helped administer deworming medicine to over 100 goats. We were briefed by Tumaini Women's Group and learnt their daily challenges; farming, ploughing/harvesting. We learned how to bead bracelets and make 'elephant dung paper' - both of which we made for local women to sell in their stores. This project gave me insights into the challenges for Primary students and women in Kenya, and the power of Entrepreneurship, and taught me how to facilitate grassroots empowerment.