Fred Foley
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About Me

I am a hard-working, enthusiastic Graphic Design graduate looking to take my first steps into the industry. I have been told by many people that I am an expert problem-solver who is always motivated to solve any situation I find myself in. I also consider myself to be a responsible and independent person who can quickly adapt to new situations, learn new skills, and handle team-related tasks and challenges. I strive for punctuality and am always focused on the task at hand, ensuring my time is used effectively. As a Graphic Designer, I've applied my skills through a variety of Adobe software, including After Effects, Illustrator, and Photoshop, and have made my mark as a designer by using a variety of different touch points to visualize my projects to the highest quality, with each project having its own clear and distinct visual identity.

Experience

M&S Food Hall Customer Assistant
July 2022 - September 2022, December 2022
Over the Summer and Christmas holidays of 2022 I worked at M&S as a customer assistant. Whilst working there I learned a lot about treating customers with respect and solving any problems they have in the best ways I can. Along with the experience I gained working with customers I also learnt a lot about working as a team.

Superdry Sales Assistant
November 2023 - July 2025
Working at Superdry continued to improve my skills whilst further challenging me in ways M&S couldn't due to the much smaller team of staff. Working with a smaller group of people meant my responsibilities and jobs assigned had a much bigger impact overall.

Odeon Cinema Host/ Barista
March 2026 - Present

Freelance Graphic Designer
May 2026 - Present
Since I've started working at Odeon I've been able to acquire some part time experience working as a freelance designer. Including a redesigned logo for a local antique buisiness as well as branding and package designs for a local barber's new hair product line.

Education

GCSES, Nunnery Wood High School, Worcester
September 2015 - July 2020

I received 9 GCSE's including a Grade 9 in Design and Technology
and a Distinction at Level 2 in Creative Imedia

A Levels, Worcester Sixth Form College
September 2020 - June 2022

I received 3 A-Level results in Media Studies (B), Film Studies (B), & Graphic Design (B).

BA Honours Degree, Nottingham Trent University
September 2022 - July 2025

I received a First Class Honours Degree in Graphic Design at NTU.

Skills

- Adobe Photoshop
- Adobe InDesign
- Adobe Illustrator
- Adobe After Effects
- Enthusiasm
- Team Working
- Reliable
- Organisation
- Communication Skills
- Adaptable
- Friendly and Positive

Other Interests

In my spare time I enjoy watching movies listening to ablums and reviewing them on applications like Letterboxd and AOTY where I have reviewed over 500 different films and 400 different albums. I continue to test and entertain my creative side through creating and designing things for my friends and over the past couple years I've also started to read again finding new joy in a different creative medium.