

Esther Nagle

Teacher, writer, digital content creator

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[esthernagle.com](https://www.esthernagle.com) [rhonddayoga.co.uk](https://www.rhonddayoga.co.uk)



Summary

A multi skilled, adaptable, flexible professional, I have a wealth of transferable skills developed over a portfolio career. With a passion for improving life for other people, I am keen to use my skillset in work that is making a difference. With a passion for teaching, writing and wellbeing, I also possess a range of technical skills such as WordPress site creation and maintenance, content creation and Microsoft Office.

I am seeking work that allows me to develop and use my skills to create positive change in the community and people I serve and work with.

Personal qualities

- creativity
- enthusiasm
- excellent team player
- engaging
- driven self-starter
- confident and outgoing
- innovative
- attentive and diligent

Work experience

Writer, speaker, teacher

2014 - present

Rhondda Yoga

I teach people how to manage stress, sleeplessness, and emotional crises through practices and concepts of Yoga.

I am the author of Bent Back into Shape, Beating Addiction Through Yoga, and an experienced public speaker.

I teach Yoga and workplace wellbeing classes in my local community.

I blog on <http://spacetobreatheacademy.com> and <http://rhonddayoga.co.uk>, and manage all my own content creation for my website and social media accounts. I have almost 1000 followers on my Facebook page, and have experience of using a variety of tools and techniques to create engagement.

Freelance writer

Apr 2015 - present

Occasional freelance writer, creating blog posts and articles for a range of audiences, including

Sober Mommies, Workit Health, Innovation Beehive, Succeed at Selling, Valleys Steps, Yoga Girl

Volunteer radio presenter

2018 - 2019

Rhondda Radio

Skills

I have a wide and varied skillset including

- interpersonal communication
- public speaking
- training
- digital literacy
- content creation
- excellent written communication
- quick thinking
- community building
- excellent listening skills
- fundraising experience
- WordPress and design skills
- administrative experience
- campaign experience
- brand building
- social media
- digital image creation
- marketing and promotion

I presented the Wellbeing Wednesday radio show on Rhondda Radio 106.1fm. I prepared and planned the show, interviewed guests, and shared my expertise and thoughts on topics of my choosing. I used the show to promote local services, highlight issues that are relevant to life in the Rhondda, and to inspire people to live a healthier life.

Occasional events fundraising

2006 - present

Various

Since the death of my brother prompted my first fundraising attempt, a tandem parachute jump, I have raised several thousands of pounds for various charities. I have done this through various treks, including

- 12 Hour Dawn to Dusk Challenge in Scotland
- Jurassic Coast Mighty Hike
- The Inca Trail
- The West Highland Way
- The Taf Trail
- I walked from the Rhondda to Cardiff to raise money for Huggard
- 15 mile hike in the Brecon Beacons.
- I have done supermarket collections
- Stood outside a Super Furry Animals concert with a bucket, then got a photo with the band afterwards.
- I have organised quizzes and theme nights
- I have gained local media coverage of my fundraising activities

Administrative and Website Officer

Oct 2012 - July 2013

[The Women's Workshop](#)

- Developed <http://wicwales.org.uk>, an information hub and social network site for women in construction in Wales
- Developed office administrative systems using Google Apps for Education
- Developing a social media presence for the TWW aspect of the project
- Providing administrative and IT support to the rest of the team
- Organising and administrating meetings
- Training the rest of the team in new systems and software
- Developing data collection apps using Zoho CRM

ICT Tutor

Oct 2011 - Sep 2012

[Penrhys Partnership](#)

- Delivering training in ICT to the community, covering a range of topics ranging from beginners internet use to social media for business and personal branding, website creation, job searching and applications online, Mail Chimp, Microsoft Office
- Planning and delivering set courses in a range of ICT areas
- Providing support to jobseekers
- Providing training to organisations
- Identifying new technologies to use in organisation and to offer as training
- Promoting the project through social networking
- Created the International Women's Day blog 'Inspiring Women Online' (<http://inspiringwomenonline.wordpress.com>)

Volunteering Officer

May 2011 - Oct 2011

Age Concern Neath Port Talbot

- Recruitment, training and management of volunteers

- Organisation and promotion of promotional events
- Giving talks to local interest groups
- Production of procedure manual for volunteers
- Collation of volunteer data
- Reporting and feedback to funders
- Established and maintained Facebook, Twitter and blog presence for the organisation

Volunteer Job Club Leader

Apr 2011 - Aug 2011

TABS, Porth

- Worked with jobseekers, assisting with job search, CV production, form filling and identifying training
- Prepared 13 week programme of personal development for job seekers
- Researched motivational techniques
- Gained experience of completing 'Awards for All' funding application

Data Management Officer

May 2007 - Nov 2010

[Coleg Morgannwg](#)

- Supervising a team of 6.
- Coordinating meetings with different heads of school to ensure accuracy and validity of data.
- Liaising with MIS and other departments to action changes needed on data.
- Establishing and working with procedures.
- Attending user group meetings and disseminating information to staff.
- Submitting data to DCELLS on a regular basis for college funding, ensuring submission deadlines are met

Administrative Assistant

Dec 2006 - May 2007

[Coleg Morgannwg](#)

Presenting data ready for analysis, filing, answering telephone calls, and basic data entry.

System Support Technician

Oct 2004 - Dec 2006

[Bridgend County Borough Council](#)

- Setting up schedule tasks on the system
- Carrying out routine day to day tasks
- Liaising with the IT department to ensure the system functioned correctly
- Training staff in the Revenues department in how to use features of the system, and occasional basic Microsoft
- training
- Testing new upgrades
- Financial record keeping
- Interrogation of data using database querying software and SQL queries
- Problem solving tasks

Classroom Support Assistant

Sep 2002 - Apr 2003

Tonypandy Comprehensive School

Providing support to teachers as part of a project looking at assessment within year 6 and 7 class groups

Playscheme Leader

Jul 2002 - Aug 2002

Rhondda Cynon Taff County Borough Council

Responsible for planning, resourcing and managing a community playscheme. With staff management responsibilities, I was in charge of the financial aspects of running the playscheme, as well as any issues regarding behaviour management, or conflict resolution

Supply Teacher Jan 2002 - Jul 2002
Rhondda Cynon Taff County Borough Council
Providing whole or part day class cover throughout the region

Education

First Aid for Mental Health Instructor
Nuco Training
I am qualified to delivered accredited First Aid for Mental Health training.

Yoga Teacher Training 200hr+ 2014 - 2015
Om Yoga Studio, Cardiff

Preparation to teach in FE Jan 2011 - May 2011
[Bridgend College](#)

ILM Level 2 Award in Team Leading 2008 - 2009
Coleg Morgannwg

City & Guilds Level 3 eQuals for IT Users 2003 - 2004
Coleg Morgannwg
Modules studies - Integrated Applications, Website Design and IT Principles

I also studied the first year of a HNC in Computing, in which I studied Java programming, network basics, databases development and website design. I passed this year, with an A grade for my web design module, but left as I got a full time job.

BA (Hons) Education (Primary) - 2:1 1997 - 2001
Swansea Institute of Higher Education

References

Available on request