
SOPHIA LUSHINGE

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PROFESSIONAL SUMMARY

Experienced in social media management and content creation, with proficiency in Google Analytics, SEO knowledge, and Adobe Creative Cloud. Skilled in video editing, graphic design, and strategic planning, with a strong focus on brand awareness building and audience engagement. Demonstrates excellent time management skills, remains composed under pressure, and excels in communication and teamwork. Adept at using Canva for design projects and possesses advanced social listening techniques. Career goal: to leverage expertise in digital marketing to drive brand growth and audience development. Offering strong background in teamwork and time management. Knowledgeable about maintaining kitchen cleanliness and adhering to safety standards. Skilled in following recipes and assisting in food preparation. Ready to use and develop culinary techniques, organisation skills, and kitchen operations.

SKILLS

- Social media management
- Content creation
- Google analytics
- SEO knowledge
- Video editing
- Graphic design
- Strategic planning
- Composed when under pressure
- Adobe creative Cloud proficient

WORK HISTORY

Junior sous chef, 10/2025 - current

Wagamama – Hatfield, Hertfordshire

- Utilised excellent teamwork skills whilst working alongside a large team of chefs.
- Conducted regular inventory checks; ordered supplies as necessary.
- Improved efficiency by streamlining food preparation processes.
- Supervised all kitchen food preparation while operating in demanding, high-volume environment.

Line chef, 12/2022 - 10/2025

Wagamama – Hatfield, Hertfordshire

- Improved kitchen efficiency by streamlining food prep processes.

- Maintained high levels of food quality and freshness for customer satisfaction.
- Aided in the training of new staff members, enhancing overall kitchen productivity.
- Adapted quickly to new recipes and presentation styles, maintaining variety in menu offerings.

Sales agent, 01/2025 - 03/2025

Steppe2 – London

- Enhanced sales performance with thorough knowledge of product range.
- Understood store goals and used upselling and cross-selling techniques to achieve targets.
- Applied exceptional customer service skills across all sales channels to engage prospects.

Cinema host, 11/2024 - 12/2024

ODEON Cinemas – Hatfield, Hertfordshire

- Helped create a welcoming atmosphere through friendly interaction with patrons.
- Provided excellent customer service for enhanced cinematic experience.
- Collaborated with team members for effective operation of cinema services.

Social media intern, 09/2024 - 11/2024

Elite scholars – London, Greater London

- Facilitated online community growth for increased customer engagement.
- Worked closely with design team to create appealing visuals for posts, attracting higher audience engagement.
- Participated in brainstorming sessions, contributing innovative ideas for new campaigns.

EDUCATION

Bachelor of Arts: Media communications and journalism, 09/2021 - 05/2024

University of Hertfordshire - Hatfield, DNC

- Focus on Media communications and journalism
- Graduate with bachelors degree
- Held secretary role with International students club
- Member of International students club
- Graduated with Honours

Certificate of Higher Education: Interior design, 01/2026 - 03/2026

West Dean College

A-Levels: Science subjects, 06/2019 - 05/2021

Marian Girls' High School - Pwani

- Held president role with an environmental club
- Earned logo designer for a Womens' club Award
- Member of Mathematics club

AFFILIATIONS

- Drawing and painting
- Reading
- Fitness

LANGUAGES

English:

Fluent

Swahili:

Native