

## Laura Louise Hudson

D.O.B : 18<sup>th</sup> April 1989

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### **Profile :**

Highly enthusiastic and creative minded individual, with unique personality and flair to project into work. Can work easily solo using my initiative or within a team. Organised and responsible. Interested to always learn something new to improve own skills and further my career opportunities.

### **Qualifications :**

Spalding High School, Stonegate, Spalding, Lincs, PE11 2PJ

9 ½ GCSE's including English, Maths, Art and Textiles

Grades A\* - B

Jun/Jul 2005

- 2 weeks work experience as Textile Assistant at Hills Department Store, Spalding, March – April 2004, making curtains, visiting customers to install their order and stocktaking.
- Successful achievement of the Sports Leaders Level 1 Award in Sports Leadership, teaching and demonstrating sports to a group of pupils, using knowledge and understanding.

AS Level Geography

Grade B

Jun 2006

A Level Art and Design (Fine Art)

Grade A

Jun 2007

- 1 day at Weston Primary School, Spalding, Lincs, organised between schools for a small group of A Level Art students, to provide "Art Day" for children ages 4 – 11.

A Level Design and Technology : Product Design

Grade A

Jun 2007

A Level Biology

Grade D

Jun 2007

A Level General Studies

Grade B

Jun 2007

Boston College, De Montfort Campus, Skirbeck Road, Boston, Lincs PE21 6JF

BTEC Foundation Diploma in Art and Design

Distinction

Jun 2008

NCFE Level 2 in Photography

Fully Achieved

Jun 2008

Nottingham Trent University, Shakespeare Street, Nottingham, Notts, NG1 4BU

BA (Hons) Fashion Design

Third Class Honours

Oct 2008 – Jun 2011

- Experience backstage and Front Of House at 3<sup>rd</sup> Year Fashion Shows..
- Modules completed in Buying and Global Sourcing and Fashion Forecasting.
- Design and Visual Culture essays, visual product, presentations and dissertations.
- Womenswear , including a historical themed project, Menswear collaboration with Topman, and a focus on Childrenswear in the final year, including the Final Catwalk Collection

### **Performing Experience :**

*Award Winning Professional Mermaid and Instructor*

June 2018 - present

Providing professional performances for a variety of events and competitions

- First Miss Ocean World UK 2020-23, Miss Ocean World EUROPE 2021-2024, and winner of Miss Ocean World 2023, promoting a #PollutionFreeOcean with campaigning work to raise awareness of the plight of our oceans, the wildlife and coral being damaged. UK National Director from 2022
- 2<sup>nd</sup> place female/4<sup>th</sup> overall placement at the inaugural International Mermaid Performance Contest in Sanya, China, September 2023
- Miss Mermaid UK 2018/19 and Top 10 at Miss Mermaid International 2019, Best in Talent sash winner
- AIDA4\* Assistant Instructor
- PADI Mermaid and Freedive Instructor and Emergency First Response Instructor. Teaching a range of students a variety of courses around the UK, to a high quality of tuition and professionalism. Booking pools and scheduling courses to maintain a good reputation and adhering to strict safety standards.
- Aquariums Shows, with tank performances in the unusual environment, respectful of marine animals, sensible decision making over dive time, direction of travel and choreography content when animals are close and responding to the safety team appropriately. Working with aquarium staff and free dive team to ensure all shows are performed safely and to a high standard.
- Performing at Children's parties, events and festivals with Aquatic Mermaids, Hire A Mermaid UK and solo, with enthusiasm, excitement and high level of engagement with children and adults
- Encouraging recycling and marine conservation by attending beach clean ups, or visiting schools to discuss the importance of recycling, and inspiring children to want to make a difference.
- Performer for the Guildhall School of Music and Drama's art installation "Terra Incognita – Here Be Dragons" showcased in the Tower of London's Bascule Chamber, working as an Underwater Sprite in a water tank to capture footage to be used for the art projection.

### *Performer, Actor, Dancer*

June 2012 – present

Working for a variety of different performance companies or as solo contractor across the UK

- Stilt Walking, Presenter, Meet and Greet/Walkabout, Bubbleologist and basic Circus skills
- Burlesque and Pole Dancer for a variety of events, and adapting to a wide range of audiences.
- Professional and friendly attitude, highly organised and punctual, with equipment set up at suitable locations, and arrange an agreed schedule of performance.
- Performing at live music events such as the Rock and Blues Festival in Derbyshire, Northampton, Halifax and Luton Town BIDs with Furthest From The Sea
- Performer for Fancy Entertainment from October 2021, including Halloween Family Entertainment, and Christmas Elf performances at National Trust locations and Silverstone
- Part of the cast for The Shankly Hotel's Eden Launch in Liverpool as "The Housekeeper", improvising own script to fit the character brief, with a crisp RP accent, performed on a continuous loop for groups of celebrity guests passing through on their journey to Eden.

### *Entertainments Host, Venue Co-ordinator, Interactive/Show Performer, Scare Actor and Show Captain*

Seasonal Oct – Nov '11/'12, Mar - Nov '13, Feb – Nov '14, Feb – Nov '15, Feb - Nov '16

#### Alton Towers Resort, Alton, Stoke-On-Trent, Staffordshire ST10 4DB

Managing/running and scare performing in Halloween Scare mazes, supervising and hosting in family attractions, performing as a presenter or in costume for meet and greet opportunities and live shows

- Performing with confidence during live shows on stage, with script work, improvisation and dance routines, to deliver highly energetic and captivating shows
- Character Performer giving highly animated performance in costumes during meet and greets and choreographed shows, bringing the character to life and depicting their personality/mannerisms. Character assisting and being the eyes, ears and voice of characters, helping them to dress and bring the magic to life while ensuring performers and guests are safe.
- Entertain guests as a "Funster" with circus skills such as Stilt walking, hula hooping, poi and juggling. Encouraging children and big kids to join in and teach them.
- Venue Co-ordinator responsible for managing a team of performers and hosts within a Scare maze, training staff to a high level of competency, leading team evacuations, briefing and operational requirements, maintaining a constant throughput of guests and ensuring a high scare experience, all requiring a high level of organisation, confidence and a calm persona.
- Scare performing in Scare attractions with a high level of intensity, requiring stamina and endurance, creativity forming a unique character, consistently performing impact or sustained scares. Show Captain for a new Scare Zone, responsible for keeping team morale high, organising breaks, ensuring high standard of performance at all times, and responding to any issues calmly and professionally.
- Operating Host in charge of family entertainment attractions, organising team effectively, responsible for maintaining well-run theatre show, and responding quickly to technical issues.
- High level of customer service experience in a guest facing environment, with a fun, friendly, approachable and attentive personality.
- Some work in Conference Centre setting up rooms and stateroom for meetings and business dinners, as well as working with the Construction Department during their very busy lead up to Halloween, adapting quickly to whatever task was needing to be completed

### *Costume Character Artist*

Part time March 2017 - present

#### Rainbow Productions Ltd, Unit 3, Greenlea Park, Prince Georges Rd, London

Performing in costume for meet and greet opportunities at a variety of events

- Character Performer providing a highly animated performances in costumes during meet and greet opportunities, bringing the character to life and depicting their personality/mannerisms as seen on television or in films. Researching the characters traits if performing in a new costume
- Working at a variety of events such as Family Fun Days, Christmas Light Switch On events and school holiday events

### *MaC Performer/FOH Staff*

Part time Jun – Aug 2017

#### In The Night Garden Live Tour, London and Manchester

Performing off stage and working Front of House on tour, managed by Minor Entertainment.

- Off-stage Skin Performer, providing memorable Meet and Greet experiences whilst in full costume, with high energy movements, interactions with all members of the family, and posing for photographs. Varied from 20 minute appearances, up to an hour and 15 minutes, maintaining a high level of stamina and endurance to deliver high quality animations for all visits.
- Excellent customer service skills required when working Front of House, on Merchandise or within the Auditorium, to engage with customers appropriately, and interacting with children.

- Selling Merchandise and refreshments quickly and efficiently, providing service with a smile, always proactive and willing to help. Helping customers choose and print their Meet and Great photographs. Replenishing stock, inflating helium balloons and making up goody bags during show time.
- Helping to direct guests to correct seating areas in the Auditorium, being on hand to answer any questions with a positive and friendly attitude, ensuring guests adhere to health and safety rules during shows and encouraging interaction within the show such as singing and clapping.

### *Performer Elf and Santa's Helper*

Nov to Dec 2016

#### Intu Derby Grotto

Performing in a Christmas grotto as an Elf, run by Unit 10 Eventive.

- Performing in a grotto with continuous loop show, with a range of simple magic tricks or animating a reindeer puppet, with high energy and enthusiasm, captivating the audience. Work in partnership with other performer to ensure a smooth running show, great improvisation and control of the room.
- Santa's Helper Elf to call guests through and make their visit special. Ensuring families have enough time, handing out age appropriate gifts for, and taking photographs of the family. Replenishing gift sacks, able to stand on your feet for long periods, and ensure Santa is well.
- Front of House duties include checking people in, providing booking information, describing the experience, selling photographs and printing/building orders.
- Was able to perform as Santa when needed for 20 minutes to allow the "real Santa" to have a break, being able to convincingly portray myself as an old man, taking care with the voice and costume so children and parents believed it was real

### *Christmas Elf and Costume Performer*

Nov to Dec 2015

#### Becketts Farm, Heath Farm, Alcester Road, Wythall, Birmingham B47 6AJ

Performing in a Christmas grotto as an Elf and Rudolph, organised and hired through Santa For Hire.

- Writing script with the other performers. Listening, thinking and collaborating all ideas.
- Having a high level of performance at all times to deliver the script with passion and believability, engaging with both the children and parents to involve the whole family. Being prepared to improvise where necessary and keeping to time to ensure all groups come through the grotto on time.
- Costume character work as Rudolph to be an integral part of the story through animation alone

### *Christmas Performer and Host Elf*

Oct to Dec 2014

#### Flair Event Staffing, 4a Rock Mill Lane, New Mills, Derbyshire, SK22 3BN

Hosting and performing within a Christmas grotto experience

- Performing outside in all weather conditions as an elf, creating and improvising a unique story to tell groups on their journey, enhancing their experience and make Christmas magical and memorable, including elf dances and poems.
- Being Host Elf and calling all guests at the allocated time and checking off on the booking list. High level of organisation to fill in gaps in tours where groups arrived early or late. Dealing with any time delays swiftly, ensuring groups go through as soon as possible and not allowing a back log of guests. Dealing with guests questions quickly and efficiently.
- Being a tour guide elf and improvising along the journey, leading guests through each room on time to keep the whole experience running smoothly. Friendly and approachable personality and interacting with the story, the families, and in particular the children to ensure they felt special

## **Other Work Experience :**

### *PADI Mermaid and Freedive Instructor*

December 2021 - present

Teaching PADI speciality courses across the UK

### *Self Employed design and textile work*

Laura Lou – [www.facebook.com/lauralousdesigns](https://www.facebook.com/lauralousdesigns), [www.etsy.com/shop/LauraLousDesigns](https://www.etsy.com/shop/LauraLousDesigns)

Commission work including artwork, clothing/textile making and alterations

- Specialising in the design and making of clothing and costumes, including re-enactment and weddings, gifts and accessories such as home furnishing or personalised embroidered pieces and an Eco Range
- Pattern cutting skills, fitting for alterations, hand finishing work, including beading and rhinestones.
- Keen eye for detail and quality. Fast sewing machine skills and organisation of work to optimise time.

### *Bikeability Cycling Instructor*

September 2020 - present

#### Outspoken Training, Cambs

Trainee Cycling Instructor delivering the Bikeability Trust Level 1 and 2 cycling programme

- Planning/delivery to National Standard to Primary school children in Year 5 and 6, in a clear, concise, engaging way, making learning fun, exciting, challenging and promotes progression.
- Work with other Instructors and Co-Instructors for excellent teamwork, displaying good communication skills, and agreeing on learning outcomes, as well as the school team
- Risk Assessments and paperwork filled in accurately
- Professional and friendly attitude when dealing with everyone within the school setting, being honest and open in way of working and responding to teacher questions. Safeguarding of children

#### *Pole Dancing/Fitness and Burlesque Instructor*

May 2018 - present

Dragonfly Dance – [www.facebook.com/DragonflyDanceFitness](https://www.facebook.com/DragonflyDanceFitness)

Owner/Instructor of Dragonfly Dance, teaching at the Spalding School of Dance studios

- Planning a well rounded Beginner Course, demonstrating in a way that is easy to follow and understand. Allowing enough time for each student to practise moves and feel confident.
- Teaching Mixed ability lessons, divide time equally with each level, with appropriate moves for each student's progression.
- Splits and Flexibility, Burlesque, Authentic Pole and Dance Workshops planned and delivered to keep the studio timetable fresh and exciting
- Sole responsibility for the running of the business and social media pages as well as bookings.

#### *Sewing Instructor and Children's Party Host*

Oct 2017 – October 2022

The Design Studio, Anton's Gowt, Boston, Lincs

Teaching during sewing lessons/workshops, hosting Children's Parties, and carrying out sewing alterations.

- Approachable and helpful attitude to help all attendees during lessons and workshops, helping problem solve sewing projects. Teaching in a way that is understandable, gives new skills and confidence.
- Serve customers with fabric or haberdashery purchases, as well as alterations or sewing needs. Pinning carefully and correctly, completing work to a high quality finish. Making bespoke items on request.
- Leading children's themed birthday parties or Craft Workshops.

#### *Linc Higher Ambassador*

Oct 2018 – Apr 2020

Linc Higher, based at Bishop Grosseteste University, Lincoln

Outreach opportunities in schools and colleges to give help and advice about Higher Education.

- Attending school events such as assemblies/ Parent's Evenings, offer help/advice/information on Higher Education, such as summer school workshops, University Residential, and career specific activities.
- Providing relevant information on all aspects of University life, drawing on own experiences, to help prepare prospective students.
- Encouraging students to follow their dreams, and choosing the right pathway for them without being influenced by their peers. Inspiring students with my own work and educational experience stories.

#### *Stock Taker*

Part time Jul 2010 – Oct 2018

Abacus Valuers Ltd. Head Office : 19 Pargolla Rd, Newquay, Cornwall, TR7 1RP

Stocktaking for a variety of companies across the East Coast area and occasionally further afield.

- Good communication skills to work effectively in a team and respond to a team leader. Pleasant attitude to engage with client, and careful handling of stock.
- Good organisation skills and efficient time keeping, while still maintaining very high accuracy.
- Presentable appearance for all clients, from Farm Foods and Factory Shop Group, to Levi's and Wedgewood

#### **Other work :**

##### *Seasonal Specialist*

Dec 2013 – Jan 2014

Levi's, East Midlands Designer Outlet, Mansfield Road, South Normanton, Derbyshire, DE55 2JW

Assisting customers when purchasing high end clothing and altering purchases

##### *Seamstress*

Dec 2011 – Sep 2012

Sewing Box/Fancy Frox, 1-2 Pied Calf Yard, Spalding, Lincs

Pinning and sewing a variety of alterations, including prom dresses, and making bespoke items.

##### *General Assistant, promoted to Bar Supervisor*

Jun 2007 – Aug 2008 and Jul 2009 – Oct 2009

Loaded Nightclub, Westlode Street, Spalding, Lincs

Working in a busy nightclub at weekends, including themed nights and celebrity evenings.

##### *Sales Assistant*

May 2006 – Mar 2007

Peacocks, Market Place, Spalding, Lincs

Weekend and holiday work in high street clothing retailer in all departments within the store.

*Children's Workshop Assistant*  
Craft Central, Wyevale Garden Centre, Crowland, Peterborough, Cambs

Feb 2005 – Oct 2005

*Technology lessons in Secondary School*  
Spalding High School, Stonegate, Spalding, Lincs, PE11 2PJ

2 weeks in Nov 2011

Observing lessons in Secondary School, focusing on the technology department, specifically Textiles. Seeing a variety of different teaching methods, helping within the classroom as a teaching assistant, as well as answering any pupil's questions and demonstrating in practical work.

### **Achievements and Hobbies :**

Participated in a 400km cycle from Vietnam to Cambodia in March 2017 to raise money for charity, involving a year of organising a range of fundraising events, and a 350km Cycle across Burma in October 2019, and another down the east coast of Thailand November 2022

Appeared on Ninja Warrior UK Series 3 and 4 and The Void Series 1 on ITV

Completed multiple Tough Mudder events involving teamwork, stamina and strength and participating in future events.

Tough Mudder Ambassador from 2018 onwards to help promote the events, inspire and encourage others to join.

Completed Gold Duke of Edinburgh expeditions, involving good planning and organisation in a team. Volunteered to assist on a Silver training expedition.

Yoga, photography and baking are particular passions, as well as hiking and exploring the outdoors.

### **Skills :**

- Highly organised to enable efficient Bookkeeping with Income, Outgoings, Expense and Sales spreadsheets to each appropriate business to also allow accurate Self Assessment and Tax Returns.
- Emergency First Response Instructor from December 2021
- NSPCC Certificate of Achievement for Child Protection in Sport
- Good computer skills with competent use of database and word programs, Power point and Photoshop. Have used a graphics tablet confidently with Photoshop to create online illustrations/designs
- Excellent customer service skills with all age groups.
- Good numeric, literacy and communication skills, as well as problem solving and improving own learning and performance. Able to work effectively in a team, and take initiative individually.

### **References :**

Kieron McNab  
Outspoken Training, 140 Cowley Road, Cambridge, CB4 0DL

Tracey Mercer-Allen  
The Design Studio, Unit 1, Doughty Brothers Farm, Meer Booth Road, Antons Gowt, Boston, PE22 7BQ