

Lauren Josie Massey

Social Media Content Creator



Laurenjosiemassey.co.uk



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London, UK



@Lauren_jmassey

Content Creator looking to work with an impactful brand. I have a variety of experience managing complex projects. I am an organised, friendly individual who is a creative team-worker.

Skills

- Content development
- Editing in **DaVinci Resolve**, **Avid Media Composer** and **Adobe Premiere Pro**
- Videography
- Graphic Design on **Canva**
- Data management
- **Project planning and coordination**
- Energetic self-starter
- Music editing

Achievements

Dec 2024

Winner of 'Most Dedicated Coach' at the University of Portsmouth's Dance Winter Awards

Jan 2023

Winner of Best Film, Best Edit and Best Effects at University of Portsmouth's 48 Hour Film Challenge

Education

BA Hons Film Production

University of Portsmouth, Hampshire

Specialised in:

- Directing (Grade: 76%)
- Thematic Design (Grade: 73%)
- Fiction Filmmaking (Grade: 71%)
- Gender, Sexuality and Cinema (Grade: 75%)

Level 4 Teaching Diploma in Freestyle Dance (IDTA) at Dance College London

St Marks West Essex Sixth form Harlow, Essex

A-Levels

Media Studies (B), German (B) and Art (C)

GCSE's

9 GCSE's, ranging grades 9-6.

Industry

Freelance Video and Content Editor, 08/2023 to 2025

Healthy Body Healthy Mind Menopause Coaching, based in Harlow, Essex, UK and Virtual <https://www.menopausehbm.co.uk>

- Liaising with the business owner and their graphic designer
- Editing on **DaVinci Resolve** and **Premiere Pro**
- Subtitling
- Designing PDFs for Meal plans, Wellness packs and Symptom Trackers
- Producing social media content with consistent branding

Camera Operator, 06/2024 to 07/2024

'Devil's Punchbowl 2'- Starks Films, Hampshire, UK

<https://www.starksfilms.co.uk>

- Operating **Canon C70** and **Canon C300** cameras.
- Expertise in setting up and maintaining camera equipment
- Solving unexpected challenges and revising shoot plans
- Strong understanding of shot composition, framing, and movement

Student Productions

Production	Year	Role	Link/ Instagram
Dear Dad	Release in 2026	Assistant Director	@Deardad_gradfilm
Cheers!	2024	Director	https://youtu.be/GwNq2xvqjxw?si=ZIG7yPND2fctQQHX
I Want to Believe	2024	Assistant Director	@Iwanttobelieve.film
Gumshoe	2023	Sound Recordist, Assistant Editor, Production Designer	https://www.instagram.com/reel/Cs8thcMgNJF/?utm_source=ig_web_copy_link
Hymn and Her	2023	Location Marshall, Runner	https://youtu.be/M4R4DbzbIC4?si=4vDSiDsi93qzOPOv

Other Experience

Senior Peer Advisor, 09/24- Present

University of Portsmouth's Student Union-Advice Service (Hybrid)

- Producing Instagram, website and print assets.
- Advising students proficiently on University policies.
- Providing confidential guidance tailored to the student's needs.
- Managing sensitive data on **Memplus** and opening cases on **Advice Pro**.
- Supporting outreach events to promote the service

Casual Sales Assistant, 05/21- Present

Tottenham Hotspur Shop- Harlow, Essex, CM20 1XW and The Tottenham Hotspur Experience- Tottenham Hotspur Stadium, Greater London, N17 0BX.

- Serving thousands of customers on match days.
- Operating the till, arranging the store and replenishing stock.
- Providing excellent customer service and advice on merchandise.
- Cultivated loyal and positive customer relationships.

Reference

Deborah Croucher- Tottenham Hotspur Shop: 01279 416 171