

# Lauren Josie Massey

Social Media Content Creator

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**Content Creator** looking for valuable industry work. Seasoned in liaising with film departments to schedule and deliver projects. Excellent experience managing complex projects. Looking to expand my marketing portfolio. Based in Essex and available to commute to London.

## Skills and Interests

- Content Development
- Post-production proficiency in **DaVinci Resolve**, **Avid Media Composer** and **Adobe Premiere Pro**
- Digital video production
- Professional Graphic Design on **Canva**
- **Data management**
- Project coordination
- Energetic self-starter
- Fluent in **English** and intermediate in **German**
- Dance Coaching at University of portsmouth's Dance Club

## 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

2018-2019

**Silver Arts Award** (Trinity College London) with the Young Curator's Programme (Harlow, Essex)

## 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%)

**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 present  
Healthy Body Healthy Mind Menopause Coaching, based in Harlow, Essex, UK and Virtual <https://www.menopausehbhm.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	<a href="https://youtu.be/GwNq2xvqjxw?si=ZIG7yPND2fctQQHX">https://youtu.be/GwNq2xvqjxw?si=ZIG7yPND2fctQQHX</a>
I Want to Believe	2024	Assistant Director	@Iwanttobelieve.film
Gumshoe	2023	Sound Recordist, Assistant Editor, Production Designer	<a href="https://www.instagram.com/reel/Cs8thcMgNjF/?utm_source=ig_web_copy_link">https://www.instagram.com/reel/Cs8thcMgNjF/?utm_source=ig_web_copy_link</a>
Hymn and Her	2023	Location Marshall, Runner	<a href="https://youtu.be/M4R4DbzbIC4?si=4vDSiDsI93qzOPOv">https://youtu.be/M4R4DbzbIC4?si=4vDSiDsI93qzOPOv</a>

### 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.

## References

Healthy Body Healthy Mind Menopause Coach:  
Caroline@menopausehbhm.co.uk.

Deborah Croucher- Tottenham Hotspur Shop: 01279 416 171