

# Caitlin Carey Frenilla

## Freelance Temp Stewardess

### Personal Details

---

**Tel:** +44(0)7916838718

**Email:** Caitlin.c\_frenilla@outlook.com

**Date of Birth:** 12 September 1991

**Nationality:** UK & USA (both passports Held)

**Health:** ENG1 no limitations, non smoker, fully vaccinated

**Driving Licence:** Full UK Licence

**Current Location:** UK (Fort Lauderdale from 16th Dec)

**Availability:** Immediately



### Personal Profile

---

As a freelance temp stewardess, I am able to jump in wherever needed and I have proven to be a strong all rounder. My ability to work well with anyone has allowed me to successfully integrate into all crews I have ever been a part of, having gained great references and open invitations to come back on board whenever the opportunity arises. My background in hospitality allowed me to easily transition into the yachting industry, bringing with me many years of housekeeping and service experience. I really enjoy being part of guests on board experience and am always happy to go that extra mile. I pride myself on my bubbly and easy going nature, which is why I have been able to fit in and flourish in every role I have had.

### Maritime Qualifications

---

Superyacht Interior Foundation

- Superyacht Interior Foundation Certificate
- MCA STCW Basic Training
- MCA Proficiency in Designated Security Duties
- Level 2 Food Hygiene Certificate
- RYA Powerboat Level 2
- RYA SRC (VHF)
- GUEST Yacht Interior Introduction module
- GUEST Basic Food Service module
- GUEST Wine, Bartending and Mixology Module

### Yachting Experience

---

#### **70m MY HAIDA 1929 1-31st OCTOBER 2022 (Temp stew for yard period)**

- Gained valuable experience in busy yard period.
- Tasked with a range of interior duties including laundry, provisioning and interior upkeep
- Kept interior orderly and organised with 17 crew plus dayworkers

#### **24m MY EMSAFFA JULY 2022 (Temp sole stew for 10 day charter)**

- Ran all aspects of interior for busy 10 day charter
- Received excellent feedback from guests and owner

#### **30m SAILING CAT QUINTESSENTIAL (Q5) MAY 2022 - JUNE 2022 (2ND STEW)**

Private program with 7\* standard

- Worked closely with chief stew to run interior to a very high standard.
- Responsible for assisting in all aspects of interior
- Owners enjoyed very high end service which included silver service

#### **17m SAILING CAT OCEAN SEVEN - FEB 2022 - MAY 2022 (SOLE STEW)**

Private boat which runs more like charter due to having several owners.

- Responsible for all aspects of interior with heavy emphasis on service.

- Competent at turning over boat with 24 hour turnarounds whilst keeping standards to the highest level.
- Helped with lines, fenders and anchor.

#### **MY OCEANOS - NOV 2021 - DEC 2021 (Daywork)**

Part of interior team bringing boat back to 7\* standard after being sold by charter company to new private owners.

- Detailed crew mess and crew cabins to bring back to high standard
- Detailed guest cabins
- Accompanied Chief Stew on provisioning trips

#### **Previous Employment**

---

##### **(5\*)ECKFORD HOUSE - BENMORE, SCOTLAND AUGUST 2018 - DECEMBER 2021 (housekeeper/ service)**

Sole housekeeper at 5\* country house

- Responsible for detailing all bedrooms, bathrooms and common areas to ensure house is guest ready.
- Manages interior and works closely with owners to ensure house is always up to high standards by reporting any wear and tear or breakages.
- Provides waitressing service to guests who request formal dining experience which includes silver service if preferred.
- Ensures all wildflower arrangements are kept replenished and suitable for display.

##### **COAST EVENTS / COAST COFFEE– DUNOON, SCOTLAND. JULY 2018 – DECEMBER 2021 (Assistant manager)**

Assistant manager at a busy coffee shop & events catering company

- Involved in day to day running of coffee shop, including serving customers, cleaning, and ordering stock.
- Sources events and applies to trade at each event, with many applications to the UK's biggest music events being accepted despite such events having extremely limited spaces with a very high volume of applicants.
- Organises event equipment list and tailors to each event according to pitch size, menu and event duration.
- Motivates team during events to ensure sales targets are hit.

##### **(5\*) PEUMA HUE ESTANCIA – BARILOCHE, ARGENTINA. DECEMBER 2017- JUNE 2018 (waitress)**

- Upheld high standards of luxury resort by ensuring high quality service was given to each guest.
- Gained knowledge on local area to share with guests.
- Improved Spanish speaking skills to a conversational level.

#### **Education**

---

Graduated with a 2:1 classification in BA (hons) Retail Marketing and Management

2009-2013 - ROBERT GORDON UNIVERSITY

FALL SEMESTER 2010 - OKLAHOMA STATE UNIVERSITY

#### **Key Skills**

- |                                    |                                                    |
|------------------------------------|----------------------------------------------------|
| • Hospital corners                 | • Table setting                                    |
| • Detailing rooms to a 7* standard | • Floristry (Floristry & Flower arranging diploma) |
| • Caring for delicate materials    | • Fine dining                                      |
| • Laundry & garment folding        | • Barrista                                         |

#### **Hobbies and Interests**

---

Out with my professional life, I'm a keen calligrapher and have been commissioned to design and draw a number of restaurant menus, as well as wedding seating plans and place settings. I also enjoy keeping fit, with weight lifting and boxing being my every day go to's. Last winter I discovered cold water swimming which I find great for both my physical and mental health.

#### **References**

---

Petra

Q5 (Chief Stew) +1(912)591-0588

Georgia

Haida 1929 (HOD) +447555949737 (Written reference from Haida 1929 Chief Officer also available)