




Personal details

 **Name**
Sinead O'Malley

 **Address**
Brighton, UK

 **Email**
example@cvmaker.uk

Skills

Paediatric dispensing

Frame styling and adjustments

Lens dispensing

Stock management

Quality checks

Order verification

Frame display curation

Digital dispensing measurements (PD, heights, tilt, vertex distance)

Memberships

GOC-registered Dispensing Optician, 2025

GOC-registered Dispensing Optician with 6 years of strong experience in independent opticians, specialising in Essilor lenses and digital dispensing. Personable and detail-orientated and excel at providing premium patient care and tailored eyewear recommendations. Bring technical precision, excellent communication skills, and a passion for delivering a boutique service. Keen to contribute to a welcoming team to provide an elevated customer experience.

Work experience

Dispensing Optician

2022 - Present

EyeBright Practice, Brighton

Dispensed a wide range of frames and lenses tailored to patients' lifestyle, fashion preferences, prescription requirements, and budgets. Delivered personalised consultations, taking time to understand individual needs and providing clear advice on optical and style options. Consistently met and exceeded individual and team targets while maintaining a boutique-level service environment.

- Increased premium lens and frame sales by 20% within 12 months through tailored patient consultations and effective product positioning.
- Mentored and supported two junior Optical Assistants, enabling them to progress towards professional qualifications and strengthen the overall team skillset.

Dispensing Optician Apprentice

2019 - 2022

Graham's Opticians, Brighton

Supported qualified Dispensing Opticians during patient consultations, gathering lifestyle needs and budget to recommend suitable frames, lenses and coatings. Took precise facial and frame measurements (PD, heights, pantoscopic tilt, vertex distance, wrap) using digital dispensing technology; record findings accurately in the PMS. Assisted with frame styling, adjustments and fittings; complete basic repairs and aftercare (nose pad/template replacements, alignment, comfort checks).

- Increased uptake of premium/advanced lenses by 18% through consistent benefit-led explanations and tailored demonstrations using digital dispensing visuals.

Education

GCSEs

2017 - 2019

King College, Brighton

11 GCSEs including Maths, English and Business (4-7 grades).

Courses

Adult and Child Safeguarding

2025

ABDO College

Developed knowledge of recognising signs of abuse and neglect, understanding safeguarding procedures, and following correct reporting pathways in line with UK safeguarding legislation and GOC professional standards.