


PERSONAL INFORMATION

Paulius Padroštis

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 Facebook messenger Paul Padrostis

Sex Male | Date of birth 23/02/1994 | Nationality Lithuanian

POSITION

Candidate for the role of Vice President of the Youth Bureau and an official member of the EFFAT Executive Committee

WORK EXPERIENCE

01/06/2014–01/05/2016

Kitchen assistant

Melanders Fisk, Stockholm (Sweden)

01/01/2019–Present

Member of Trade Union of Lithuanian Food Producers (LMP)

Trade Union of Lithuanian Food Producers (LMP), Vilnius (Lithuania)

01/06/2019–Present

Member of LPSK youth committee

Lithuanian trade union confederation, Vilnius (Lithuania)

Coordination of youth activities at the national level. Education of young workers. International cooperation within the Baltic region and across the whole of Europe.

01/09/2019–Present

Member of Philip Morris Trade Union committee

Philip Morris, Klaipėda (Lithuania)

Youth and youth activity coordinator at a company level.

EDUCATION AND TRAINING

01/09/2010–01/05/2013

Graduated Gymnasium

Darbėnai Gymnasium, Kretinga (Lithuania)

01/06/2019–Present

Banking and investment management

University of Applied Social Sciences, Klaipėda (Lithuania)

01/10/2019–Present

European training for young trade union leaders

ETUC, ETUI

PERSONAL SKILLS

Mother tongue(s)

Lithuanian

Foreign language(s)

UNDERSTANDING		SPEAKING		WRITING
Listening	Reading	Spoken interaction	Spoken production	

English	C2	C2	C2	C2	C2
Swedish	B1	A2	B1	A2	B1
Russian	B1	A2	A2	A2	A1

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
 Common European Framework of Reference for Languages

Communication skills

1. Writing

Writing is a daily part of my job and it is an important part of my life. Part of my job is communicating problems and solutions to those problems via text. In personal life, I am an avid short-story writer.

2. Mentoring

Often provide one-to-one guidance for new employees and new members of my trade union. Have successfully organized a few national-level training "camps" for young trade unionists.

3. Negotiating

Representing people at work in front of the employer is part of my duties as a member of my work-level trade union committee member. I also participate in collective agreement negotiations at the company level.

4. Oral communication

Passionate speaker. Able to inspire and move people. I can clearly communicate my point or express an idea to different people of various nationalities. I have participated in an oral speaking competition (in English) at an early age.

5. Teamwork

I am an effective team player. Can coordinate work within a group, even at a distance. Able to lead the team in undertaking various kinds of activities or be a valuable team member and quickly and precisely complete the work allocated to me.

6. Presentations

I have done a multitude of various kinds of presentations on all sorts of topics. Able to engage the audiences with facts and humor. My two secret weapons.

7. Empathy

Able to empathize with others. I can understand how someone is feeling and the reason for their communication, as well as how to communicate back. Empathy not only helps me to read the room in team meetings, but it helps me gain perspective and understanding which helps when communicating.

8. Listening

I can listen to someone and take in **everything** they are saying. I believe that communicating with people is not solely about talking. In fact, a lot of the time it is about listening. This applies to both employees and bosses. Communication is a two-way street and everyone should be open to listening.

9. Sense of Humor

I have a tactful sense of humor that I am able to tailor to everyone's personal needs. This helps me to get along with people better. I am able to also distinguish when it is better not to joke around.

10. Compassion

I believe that it is important to take everyone's feelings into account when presenting ideas, implementing changes, and talking directly to others. On the other hand, I must admit, that feelings

must not overtake logic and reason.

11. Patience

Able to communicate calmly and with poise. This characteristic enables me to stay calm and preserved. Patience lets me generate my thoughts productively and communicate coherently.

12. Positivity

Positive attitude and lightheartedness is a key skill that allows me to get along with people. It is an attribute that I utilize daily both in my working environment and in personal life.

13. Open-Mindedness

I believe that communicating with an open mind is the best way to propose ideas, receive feedback or engage in discussions. It is better to approach any communicative situation with an open mind as we don't always receive expected responses. Being open-minded also helps me to take on other suggestions and try new things.

Digital skills

SELF-ASSESSMENT				
Information processing	Communication	Content creation	Safety	Problem-solving
Proficient user	Proficient user	Proficient user	Proficient user	Proficient user

Digital skills - Self-assessment grid

- Able to effectively communicate via a myriad of social platforms.
- Possess proficient skills in Microsoft Office Suite, including word, powerpoint, and excel.
- Have basics (self-thought) of Java.
- Amateur graphics designer using photoshop and blender.
- Search Engine Optimization (SEO) knowledge.