

# Alexandra Karegard

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## OBJEKTIVE

Mature, capable, team player focused on building a successful career in the equine industry. Looking to use deep interest in animal welfare with good interpersonal and communication skills to work as a Groom.

## EXPERIENCE

### Hunt Groom on a Privat Estate - Sep 2022 - Present

Caring for the hunt horses. All daily chores like mucking out, exercise, turn out and feed. All type of preparation for hunt and follow on hunts when needed. Clipping, harrow schools and maintenance of the yard and fields.

### Royal Artillery Saddle Club - Sep 2020 - Aug 2022

**Head Groom.** Since Apr 2021; responsible for the management of eight grooms, delivering care to 25 equines for riding lessons, hunts and competitions.

**Groom.** Equestrian care at a British Army riding school and livery stable; responsible for all aspect of equine care including exercise, schooling, feed preparation, hygiene, grooming, bathing, equipment care, tacking up, and administering basic first aid.

In Sweden, Armed Forces and Police personnel regularly move between the two employers deploying transferable skills and disciplines

### Swedish Police Authority - Jan 2020 - Jul 2020

#### Operations Coordinator.

Maintaining the deployment of police units in Stockholm; receiving emergency and non-emergency calls, deploying appropriate resources to incidents, providing officers with information and intelligence. Supporting the public with empathy, whilst remaining calm when dealing with potentially sensitive and upsetting matters

## **Swedish Armed Forces — Jan 2013 - Jan 2020**

### **Information Requirements Manager.**

Managing information architecture (requirements and flows across various ICT systems) within a team to deliver specified outputs. Twice selected for assignments overseas.

### **Armed Forces Recruit Ambassador.**

Worked in the Armed Forces HQ as part of team responsible for formulating training delivery across the armed forces; ensuring that programs met to needs of the recruits. Promoted from **Armed Forces Recruiter**, delivering recruiting activities (briefings, displays and networking), individually and as a team, at public events and schools.

### **Communications Operator.**

Planning and delivering radio and data communications networks in an Infantry Battalion; operating and maintaining communications equipment.

### **Trooper, Royal Guards.**

Mounted guard conducting ceremonial duties at royal palaces and national events; responsible for all aspect of equine care including feed preparation, hygiene, grooming, bathing, equipment care, tacking up, and administering basic first aid for cuts and scrapes. 2013/14 regular service, 2015/16 reserve service (concurrent to my Police degree).

## **Swedish Police Authority - Jan 2016 - Jul 2016**

### **Police Officer.**

Front line officer; delivering law enforcement and community support activities in a suburb of Stockholm.

## **Foundation Roles - Jun 2008 - Dec 2012**

### **Sales Assistant. Åhléns.**

Responsible for three sections; creating displays, managing stock, assisting customers in a large department store in Stockholm.

### **Event Promoter. Swedish Match.**

Product promotion at various events across Sweden; customer engagement and brand representation.

## **EDUCATION**

### **Sörentorp Police Academy, Sweden Jan 2014 - Jan 2016**

Police degree (HND equivalent). Training in policing with the skills and knowledge necessary to prevent crime, protect the public, and secure public trust.

### **Berga Agricultural College, Sweden Aug 2004 - Apr 2007**

College Degree, Natural Science, Equine Care and Stable Management (A levels equivalent). A three-year points-based study course enabling me to work with horses and farm animals. Undertook 34 subject modules including English, Maths, Chemistry, Biology, Microbiology and Genetics, Natural Science, Ecology and Ethology.

## **SKILLS**

### **Driving Licenses.**

Full British Driving License (Cat A, B). Agricultural tractors license (Sweden).

### **Horse Riding.**

Ryttarmärke II (Swedish Equestrian Federation).