

Penelope Efstathiou

Artist / Mother / Chef / Publican

 [@p_e.nelope](#)



A passion for Art is my main motivation for studying a Fine Art Foundation Degree at Nottingham College in addition to improving my technical skills and understand the rules of creative thinking. In addition to my course, I also am a member artist at [Bentinck Art Studios](#), a collective of female artists sharing a studio space in Nottingham. The space offers support and encouragement to develop ideas within an artistic environment. Having spent my adult life predominantly working as a chef, I decided to go into full time education in 2017.

During my previous career I worked largely within catering and hospitality and my roles included supervising large teams of staff, ensuring responsibilities are adhered to a high standard, delivering products in a fast paced environment. I have a professional appearance and a respectful, business-like manner. Having been responsible for delivery and the management of large teams I am able to work to timely schedules with pressurised demands whilst managing multiple workloads. I have also been a retail assistant volunteer in a charity shop for The Children's Society and have also volunteered for other organisations including Nottinghamshire Wildlife Trust for their public events.

My artwork is driven by my beliefs and research into environmental degradation, female oppression throughout history and Dutch Still Life. My art is often anti the system or establishment and a way to highlight social and environmental injustice in the world both in the present time and throughout human history. A reaction to the story of our evolution and the ways we are retreating from the natural world and evolving into a mental and digital world.

Personal details

Date of birth: 3rd March 1963
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Blog: [FMP 2020](#)

Education

Nottingham College
FdA Fine Art **October 20108 – present**

Nottingham College
Access: Art, Design & Fashion **September 2017 – June 2018**

Neasden College
Cordon Blue Chef Course **September 1985**

Exhibition Work

'Online Degree Show' @ [Nottingham College](#)

'Constraint/Restraint' National Justice Museum, Nottingham

'One of Art Sale' Bentinck Art Studios, Nottingham

'Raised Beds' Lakeside Art Gallery, Nottingham

'Final Major Project' Nottingham College, Nottingham

Other Relevant Work



Sous Chef (part time) at The Bread and Bitter, Nottingham (2017 -2019)

Volunteer Retail Assistant at The Children Society Shop, Notts (2016 – 2019)

Owner and Head Chef at The Greyhound Public House, Essex (2010 – 2016)

Head Chef at The Black Lion, London (2007 – 2009)

Head Chef at The Cornerstore, London (2005 – 2007)

Chef Manager at Brookwood Southern Office, Surrey (2004 – 2005)

Manager at The Settle Down, Royal Borough of Kensington (2001 – 2004)

Key Skills

- Painting with oils and mixed
- Resin and plastic waste sculpturing
- Lino printing
- Set dressing and design
- Understanding of Microsoft Office and Adobe Photoshop

Transferable Skills



- Project management and creation of products for sale
- Customer service and care in both hospitality and retail
- Managing and supervising teams of staff
- Able to work within a large team and have great communication skills
- Proven ability to achieve and maintain profits for business
- Able to manage budgets, stocks and supplies
- Training of staff and supervising their development
- Ability to maintain good working relationships with external collaborators
- Event creation, management, and marketing (including corporate events)
- Capable of working within a fast paced environment
- Launching new product ideas to increased revenue and growth
- Valid UK driving licence

References

Written references available on request