



EMILY POLLING

SENIOR PR MANAGER

DEGREE

JOURNALISM (NCTJ ACCREDITED)

2:1 (Upper Division)

De Montfort University - August 2012

SKILLS

Crisis Comms and Reputation Management (CPD)

Media First
July 2024

Writing Engaging Content (CPD)

Media First
May 2024

CIPR Diploma in Public Relations

Oxford College of Marketing
Currently studying

Copywriting (CPD)

The College of Media and Publishing
May 2021

Wedding photography Certificate

City & Guilds
May 2017

Mammal Ecology and Conservation (CPD)

Exeter University September 2016

Advanced Photography (CDP)

Brighton City College, April 2015 - June 2015

Filmmaking (CPD)

Brighton City College
April 2015 - June 2015

Documentary Photography (CPD)

The Phoenix Centre Brighton
April 2015

Travel Journalism Certificate

London School of Journalism
November 2013 - December 2013

Phone

07834774998

Email

emily-janepolling@hotmail.co.uk

Date of Birth

14.03.1991

Address

Tors End, High Street, Etchingham,
TN19 7AG

ABOUT ME

I have a BA degree in journalism and a decade's worth of experience working in media, journalism, public relations, reputation management, copywriting, marketing and social media.

I currently work as the Senior PR Manager for RSPCA Assured, line managing a team of brilliant creatives. I have worked on and managed dozens of highly successful national media campaigns and secured hundreds of items of national media coverage, including in places such as The Guardian, The Telegraph, The Times, The Observer, The New York Times, The Metro, ITV, the BBC, LADBible, Sky News, Good Morning Britain, The Sun, Women's Own, Chat and the Daily Mail.

Campaigning for a good cause and doing something to positively impact the world is incredibly important to me. This is why throughout my career, I have always strived to work and volunteer in the third sector.

EMPLOYMENT HISTORY

Senior PR Manager RSPCA Assured, Parkside, Chart Way, Horsham, September 2023 - present

National Media Officer RSPCA, Parkside, Chart Way, Horsham January 2023 - September 2023

National Media Officer Cats Protection, National Cat Centre, Chelwood Gate, February 2022 – January 2023

Marketing and PR Manager The White Lion Hotel, Seaford, June 2021 – February 2022

Deputy Marketing Manager Drusillas Zoo Park, Alfriston, September 2018 – June 2021

PR and Marketing Assistant Drusillas Zoo Park, Alfriston, March 2017 – September 2018

Temporary Campaigns Assistant The Marine Conservation Society, Stockwell, London, November 2016 – March 2017

Waitress Seaford Golf Club, Seaford, East Sussex, June 2014 – November 2016
*career gap to travel

Marketing and Social Media Assistant Vision Redbridge Culture & Leisure, Ilford, Essex, September 2013 - May 2014

PR and Marketing Assistant (internship) Alex Silver PR, London, May 2012 - December 2012

Journalist The Seaford Scene Magazine, Seaford, April 2011 – August 2012

Journalism Intern NME Music Magazine, London, September 2011

Journalism Intern Glamour Magazine, London, May 2010

News Desk Intern Chichester Observer Newspaper, Chichester, April 2010

Broadcast Work Experience Juice FM Radio, Brighton, May 2007