

Kaip pristatyti save: CV ir motyvacinis laiškas

Rita Karavaitienė CV-Online marketingo vadovė

2026

Darbo pasiūlymą atitinkantis CV

Skelbimas:

- Kokia įmonė, jos vertybės?
- Koks darbo pobūdis?
- Kokie reikalavimai?

Jūs:

- Kas Jūs, kaip profesionalas?
- Kodėl šis darbas jums tinka?
- Įrodymai, kad turite reikalingų įgūdžių, patirties



Kaip parašyti ir pritaikyti CV?

Svarbu:

- Struktūra
- Dizainas
- Kalba
- **Turinys**
- Naujausia / svarbiausia informacija
- Įrodymai
- ATS / raktiniai žodžiai



ESTELLE DARCY

UX DESIGNER

123 Anywhere St., Any City | hello@reallygreatsite.com | www.reallygreatsite.com

UX Designer with a focus on delivering impactful results, eager to tackle dynamic challenges and apply creativity to craft intuitive user experiences. I have demonstrated proficiency in project management, user-centric problem-solving, and seamless collaboration across teams.

AREA OF EXPERTISE

Prototyping Tools	Interaction Design	Accessibility
User Research	Visual Design	Responsive Design

KEY ACHIEVEMENTS

- **Market Expansion.** Identified untapped markets and launched a system to harness the line market, resulting in a revenue increase of \$1.2 Million for Morcelle in 6 months.
- **Revenue Growth.** Successful Implementation of a new pricing strategy at XarrowAI increasing deal size by 15% and market cap by \$500,000.

PROFESSIONAL EXPERIENCE

Instant Chartz App, Morcelle Program Jan 2023 - Present

- Led development of an advanced automation system, achieving a 15% increase in operational efficiency.
- Streamlined manufacturing processes, reducing production costs by 10%.
- Implemented preventive maintenance strategies, resulting in a 20% decrease in equipment downtime.

System UX Engineer, XarrowAI Industries Feb 2021 - Dec 2022

- Designed and optimised a robotic control system, realizing a 12% performance improvement.
- Coordinated testing and validation, ensuring compliance with industry standards.
- Provided technical expertise, contributing to a 15% reduction in system failures.

EDUCATION

UX Industrial Basics and General Application Aug 2016 - Oct 2019

University of Engineering UX Cohort

- Major in Automotive Technology.
- Thesis on "Technological Advancements within the current Mechatronics Industry".

Bachelor of Design in Process Engineering May 2014 - May 2016

Engineering University

- Relevant coursework in Structural Design and Project Management.

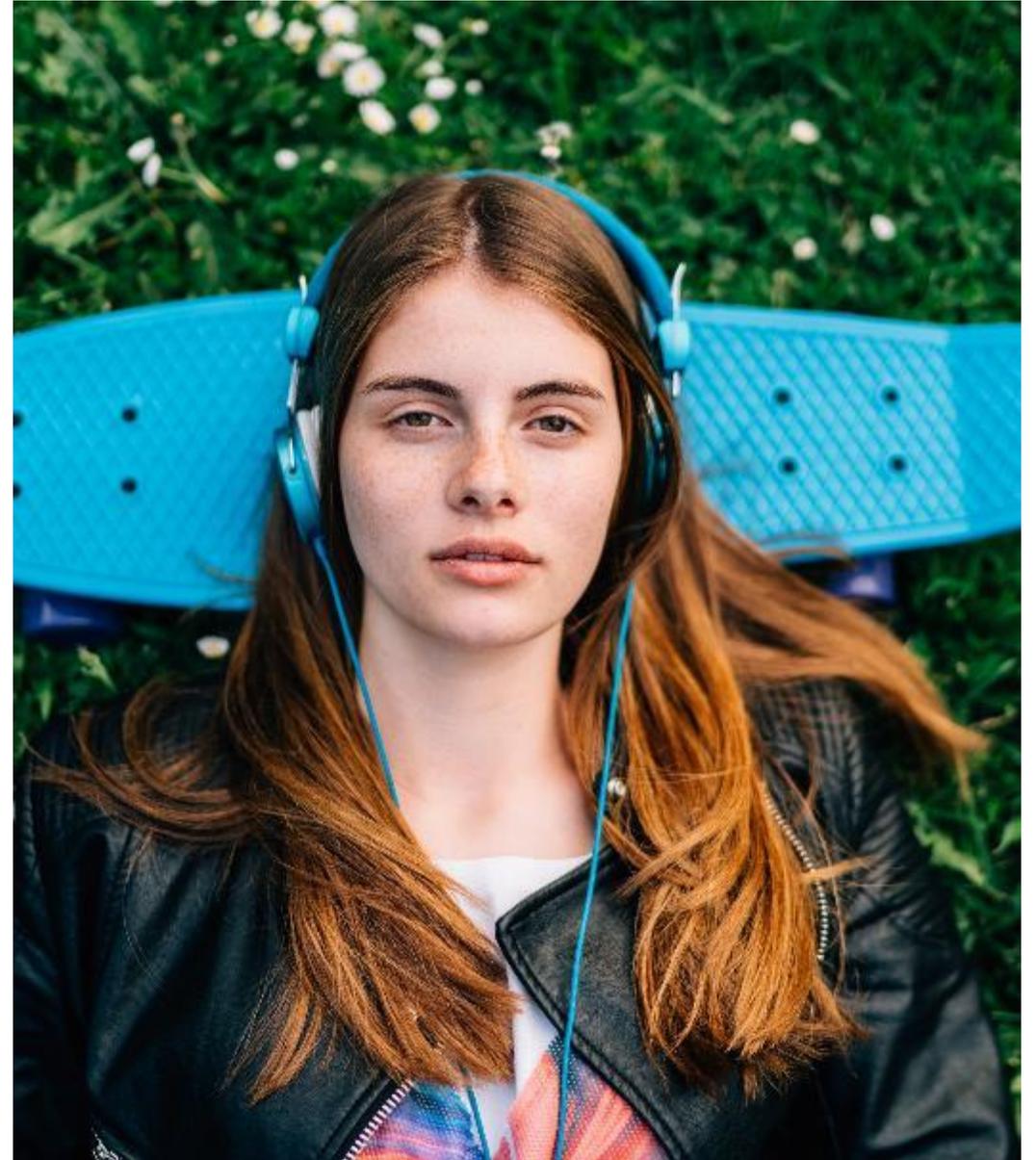
ADDITIONAL INFORMATION

- **Languages:** English, French, Mandarin.
- **Certifications:** Professional Design Engineer (PDE) License, Project Management Tech (PMT).
- **Awards/Activities:** Most Innovative Employer of the Year (2021), Overall Best Employee Division Two (2024), Onboarding Project Lead (2023)



CV rašymo klaidos

- 1 CV visiems atvejams
- Diskriminuojanti informacija
- Trūksta įrodymų
- Nėra prisistatymo ir kreipimosi/motyvacinio laiško
- Nėra išryškinimų
- Ilgi rašiniai, perteklinė informacija
- Nmodernus
- Stiliaus, gramatikos klaidos



CV struktūra ir turinys

- **Prisistatymas**
- Kontaktinė informacija
- Darbo patirtis
- Išsilavinimas
- Įgūdžiai
- Asmeninės savybės
- Raktiniai žodžiai – įrodymai



Josefine Miller
Fashion Blogger

PROFILE
I am a marketing consultant with over ten years of experience in project management and consultation, specializing in branding and advertising.

MOBILE 123-456-7890 **EMAIL** hello@reallygreatsite.com **WEBSITE** www.reallygreatsite.com

CONTACT	WORK EXPERIENCE
hello@reallygreatsite.com www.reallygreatsite.com Mobile No.: 123-456-7890	CURTIN & TATE LTD FROM 2015-2016 Junior Web Developer Created physical and prototype designs and functions for websites. Registered official online projects with search engines for optimized website traffic
AREAS OF EXPERTISE	SNAPGLOSS CORPORATION 2015-2016 Assistant Web Developer Backed up files used for official directories and online projects. Responded to email inquiries from clients regarding the progress of their orders.
KEY STRENGTHS	EDUCATION
Literary Writing Journalistic Writing Political Science Reporting Public Speaking Speech Writing Reading	KELER CURTIN COLLEGE 2015-2016 BS Web Development KCC Dean's Lister from 2017 to 2018 Joined the KCC Tech Enthusiasts and the KCC SILTON STATE ACADEMY 2015-2016 Salutarian, GPA 4.0 Laid out official online publications like The Silton State Herald and Offstage Siltoneers



Nuotrauka

1



Pvz. buhalterė

2



3



Prisistatymas

1



2

Esu dviejų vaikučių mama, ieškau darbo. Esu draugiška, linksma, greitai mokausi.
Man svarbu, kad darbas būtų pirmadieniais –penktadieniais, nuo 9 iki 17 val.

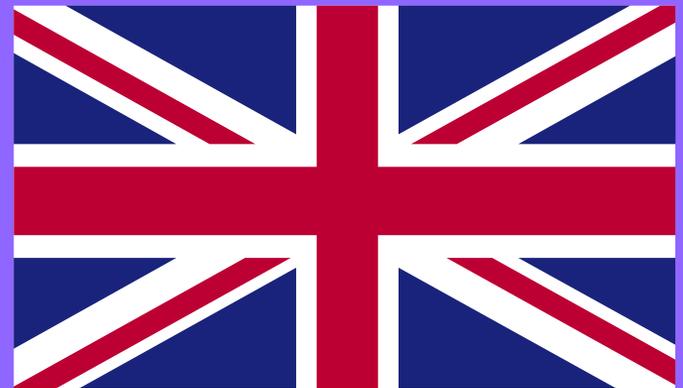
3

Esu kvalifikuota kineziterapijos specialistė, turinti daugiau nei 5 metų šio darbo patirties.
Vedu individualius ir grupinius kineziterapijos užsiėmimus. Esu empatiška, kantri ir metodiška.

Pvz. Kineziterapeutas



CV apimtis ir kalba: 1 puslapis



Darbo patirtis

2022 - 2025 Gera įmonė, UAB

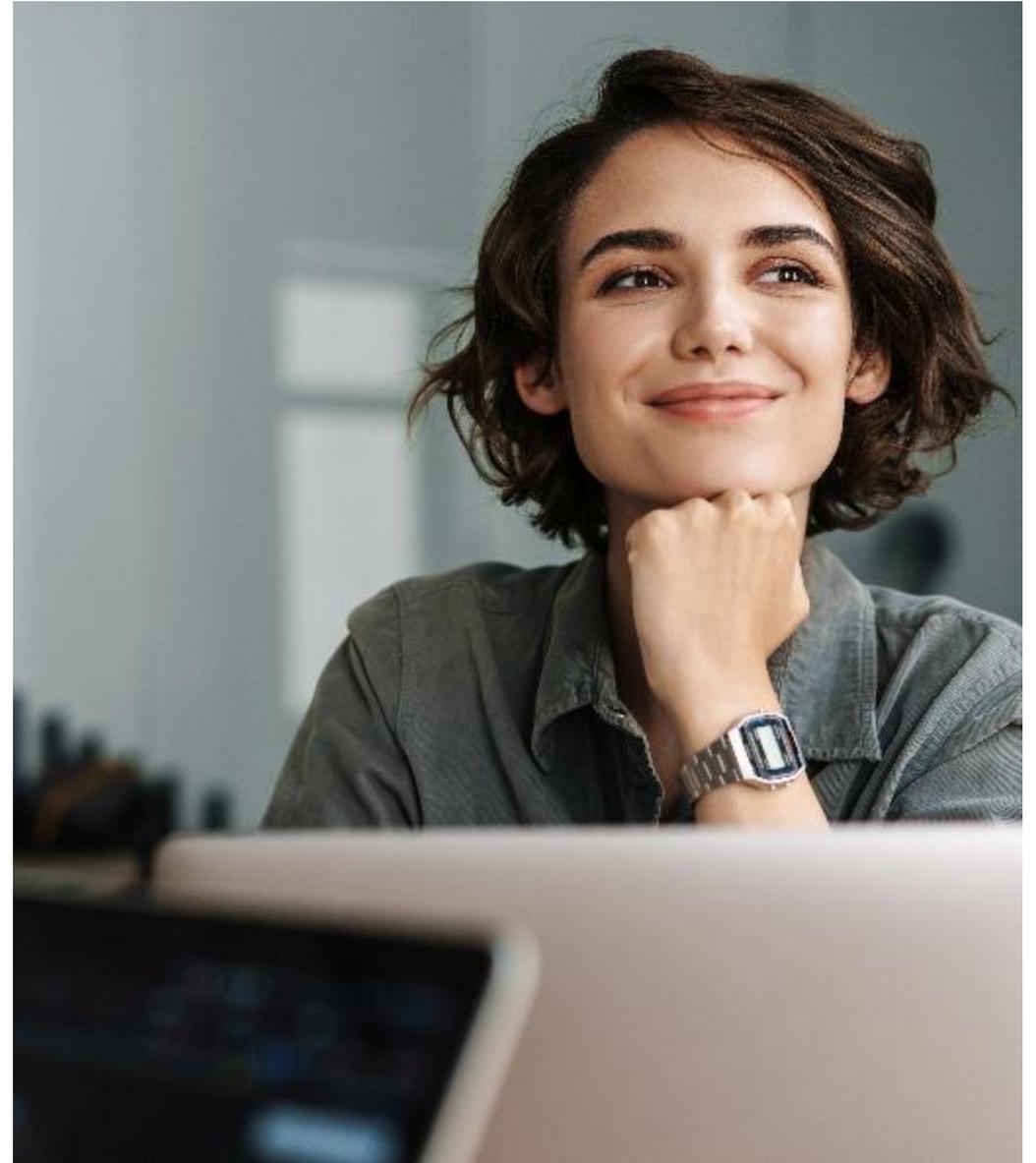
Pardavimų vadybininkas

Darbo užduotys ir atsakomybė:

- naujų B2B klientų pritraukimas,
- mokymų paslaugų pristatymas,
- derybos...

Pasiekimai:

- pritraukiau 20 naujų klientų,
- įvykdžiau mėnesinius pardavimų planus.



Kokia patirtis užsiskaito?

- Praktika
- Savanorystė
- Trumpalaikis / sezoninis darbas
- Priklausymas organizacijoms
- Dalyvavimas projektuose / programose
- Savarankiškas darbas / projektai
- (Ne)Oficialus darbas



Išsilavinimas

2024 – iki dabar Mokymo įstaiga

**Studijų programa, specializacija,
įgyta kvalifikacija**

Pasiekimai:

- Vidurkis
- Projektinis/-iai darbas/-ai
- ...



Įgūdžiai, asmeninės savybės

- Užsienio kalbų žinios, lygis
 - Kompiuterinis raštingumas
 - Vairuotojo pažymėjimas, kategorija, įgijimo metai
 - Specifiniai, konkrečiam darbui reikalingi, įgūdžiai ir žinios
 - Sertifikatai
-
- Hobiai, pomėgiai, užklasinė veikla – pagal situaciją



Ko nereikia įtraukti į CV?

- Amžius
- Lytis
- Pilietybė ir gimtoji kalba
- Namų adresas
- Šeiminė padėtis
- Nuotrauka +/-
- Rekomendacijos



LinkedIn profilis = CV



The image shows a LinkedIn profile for Rita Karavaitienė. The profile banner is purple and features the CV-Online.lt logo on the left, the title 'Labour market communicator' in large white text, and a sub-headline 'Helping you better understand the labour market: when looking for a job or employees'. A circular profile picture of Rita Karavaitienė is on the left. Below the banner, her name 'Rita Karavaitienė' is followed by a verified badge. Her current position is 'Marketing manager at CV-Online LT - Labour market communicator', with a description: 'Analytical and simply presented insights about job and employees' search and labour market trends. | Book lover | Watercolor enthusiast'. Her location is 'Lithuania' and there is a 'Contact info' link. To the right, two affiliations are listed: 'CV-Online LT' and 'Kaunas University of Technology'. At the bottom left, it shows '3,136 followers · 500+ connections'. There are edit icons in the top right and middle right of the profile area.

CV-Online.lt 

Labour market communicator

Helping you better understand the labour market:
when looking for a job or employees



Rita Karavaitienė 

Marketing manager at  CV-Online LT -  Labour market communicator: Analytical and simply presented insights about job and employees' search and labour market trends. |  Book lover |  Watercolor enthusiast

Lithuania · [Contact info](#)

[Career opportunities](#) 

3,136 followers · 500+ connections

 CV-Online LT

 Kaunas University of Technology



Pasikalbėkim



Rita Karavaitienė

Marketing manager at  CV-Online
LT: cvonline.lt | manoalga.lt | dirbam.l...

