



Paul Barnes

Head of Operations at FMS Foils Ltd

There are 2 quotes I live by:

1) "Problems are Challenges - Challenges are Opportunities - Opportunities are Lessons. Never Stop Learning."

2) "Treat life like a Rubik's cube - Always have the goal in mind, there IS a solution, blindly moving the pieces doesn't work and sometimes you need to go backwards to go forwards."

"I'll be honest, I didn't pay much attention my first few years of school, I was only really interested in PE and Design & Technology. With GCSE choices approaching I was given a lightning bolt of realisation when I was put in all the lower sets, meaning my grades would be limited.

After discussions and a good talking to by parents and teachers, I was moved up and spent my last 2 years working hard to achieve the best I could, I'm pleased to say I left school with a clean sweep of A-C's. I would give myself two bits of advice if could talk to my younger self.

- 1) With a goal in mind and hard work anything is possible.
- 2) Find your own style of learning and use that style to implement what you're taught in school.

When I left school I wanted to join the Royal Marines, coming from a Military family it seemed like a natural fit, unfortunately it was discovered that I have an extraordinary slow heart beat which was probably the reason I was always so good at sports, but that meant I had to find a new path and ultimately led to me having a pacemaker fitted for the odd time my heart decides to stop.

I went to college after St Thomas More, but the structure just didn't fit my style of learning. I then lent on family friends and went into the building trade for many years learning the hard way about teamwork and dedication from what you would call 'old school builders.'

PROFILE:

NAME: Paul Barnes

JOB: Head of Operations at FMS Foils Ltd

YEAR left STM: 2000

Went to College and then went into the world of work



ALUMNUS OF THE MONTH DECEMBER 2024



In 2012 I wanted to settle down a bit, travelling all over the country for weeks at the time just didn't fit with my version of having a family. So, I took some online courses about business and computers and transferred to Solopress, a local printing company where I started my journey through entry level jobs, supervisory, mid-level management and now senior management. The mentors I've had along the way have guided and shaped me to lead on my own.

In 2020, I moved to FMS Foils Ltd as Head of Operations where I now lead the business through the ever-challenging world we live in – if you've ever had chocolate, cakes, gravy, butter or medicine there's a high chance I've been involved in the packaging somehow!

Ultimately, I feel the biggest lesson from my story is that even when you have to reset and take a new path, providing you give it your all there always a success to be had at the end of it but not everyone's success is the same and that's why having your goal in mind is so fundamental to what we perceive as successful.