
Cristina Mihaela Podelean

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Additional Information

Place of birth: Romania
Date of birth: 17 May 1989
24 years old
High: 1,76 cm
Driving licence: cat B

Summary

Skilled retailer with experience in the fashion industry, due to the fact that this was my family business. I am very familiar with: displaying items, serving customers, dealing with any queries or complaints, advising customers on their purchases, ordering, managing and taking out stock, helping with promotions, overseeing deliveries, managing and motivating staff.

Assistant chef with 2 years of experience in high-pressure culinary environment. Skilled in preparing food quickly and efficiently. With strong culinary skills as: energy and enthusiasm, a flexible approach to work, the ability to carry out tasks quickly and competently, a strong interest in food, the ability to follow instructions, the ability to use initiative and work in a team, preparation of food, unloading deliveries from suppliers, organising the storeroom, washing kitchen appliances, work surfaces, floors and walls.

Fitness Consultant who leverages experience with a diverse client base to meet each client's unique needs.
I have 1 year of experience with exercise science and exercise techniques knowledge.

Experience

08/2012 - 09/2013 **Sc.ltrejob.srl** - Deva, Romania
Fitness Consultant

04/2010 - 01/2012 **Cuza Restaurant** - Timisoara, Romania
Chef assistant

- Supervising and participating in the preparation of a wide variety of foodstuffs.
- Estimate food needs, reviews inventory to assure that adequate supplies are available.
- I did skilled cooking and food preparation.
- Coordinating food service activities to have meals prepared at scheduled time.
- Supervises storage and use of leftover foodstuffs and uncooked products.
- I was participating in the cleaning of kitchens.

FASHION RETAILER

As a fashion retailer I had the following responsibilities:

Selecting new products and reviewing the old

Finding the right suppliers

Negotiating prices

Ensuring the products are delivered on time

Helping to interpret reports and predicting future sales

Pitching ideas to senior management

Stock control

Budgeting

Promoting products

Reacting to any changes in customer demand

Maintaining relationships with existing suppliers while seeking new ones

Attending trade events

Getting feedback from customers

Supporting design and production teams

Education

2011 **University of Medicine and Pharmacy** - Timisoara , Timis, Romania
unfinished: General medicine

2007 **High School Traian Deva Deva**
High school degree: Natural science
College of naturopathic medicine UK London, UK
Select One: Nutriton
Starting the courses from 1st of march 2014,during the morning weekends,2 days per week.
Naturopathic Nutrition stresses the use of whole and organic foods as medicine - an integral concept of healing in many indigenous societies. Today, we see that a return to chemical-free foods, along with other dietary measures, is an effective answer to many health complaints and common conditions.

Skills

Able to decide what steps are needed to achieve particular goals and then implement these.

Generate & apply new ideas & solutions.

Adapt successfully to changing situations & environments.

Able to plan activities & carry them through effectively.

Work confidently within a group.

Maintain effective performance under pressure.

Objective

In today's world,I consider healthiness,wellness and happiness are the most important facts. It is not easy to stabilize ourselves in this fight,but the number of people like me are increasing,also the idea of making our live better,with the help of healthy food and sports. However, with my skills and confidence I can make myself capable in the field of restaurants,sports or health.

Interests

Sports: tennis, swimming, fitness

Spiritual life and meditation

I have a strong interest in cooking

Nail and clothes design

Hair extensions

Travel