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Wed 4/3 10:00

LORENA GONZALEZ

3819 West 105th Street | Inglewood, CA 90303

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Professional Profile

Classically trained cook seeking entry-level position that advances culinary skills, allows for growth in the industry.

Experience

Culinary

- o Gained skills in moist and dry heat cooking methods, knife cuts, kitchen terminology, stocks and sauces, kitchen best practices, and sanitation, in intensive and hands-on 10-week culinary training program.
- o Collaborated with head chef and fellow team members in preparation and plating of various cuisines.
- o Plated approximately 140 meals in three hours during kitchen practicum at Bread and Roses Café.
- o Followed proper food handling and safety procedures at all times in training classes and at externship.

Medical

- o Provided individualized in-home care to senior patients, including tracking medicine schedules, preparing healthy and balanced meals, and remaining attentive to patient's overall mental and physical well-being.
- o Aided clients in achieving personal weight-loss goals through education, motivation and accountability.
- o Proficient in medical assistant paperwork and filing procedures, according to HIPAA regulations.

Business

- o Managed teams of 7 to 10 in operations and sales, including customer service agents and specialists.
- o Implemented production standards, resulting in 18% increase in sales and 15% increase in productivity.
- o Specialized in planning, conducting staff training as it pertains to customer service and quality assurance.
- o Managed non-profit retail store, including overseeing \$150,000 cash flow monthly and staff of 25+.

Work History

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|---|--|------------------------|
| <i>Prep Cook</i> | Border Grill, Los Angeles, CA | Feb.-March 2013 |
| <i>Prep & Line Cook (Volunteer)</i> | Bread and Rose's Café, Venice, CA | Jan. 2013 – March 2013 |
| <i>In-Home Care Provider</i> | IHSS, Hawthorne, CA | April 2011 – Present |
| <i>Medical Ass't/Weight Mgmt. Counselor</i> | Beach Cities Cosmetic, Hawthorne, CA | Dec. 2010 – April 2012 |
| <i>Manager</i> | Lowes, Hawthorne, CA | Aug. 2004 – Dec. 2010 |
| <i>Distribution General Manager</i> | Omnilife, Commerce, CA | March 2008 – Oct. 2008 |
| <i>General Manager</i> | Goodwill Industries Store, Commerce, CA | Jan. 2007 – March 2008 |

Education and Certifications

- o **St. Joseph Center Culinary Training Program, Venice, CA** Jan. 2013 – March 2013
Certificate Of Culinary Program
- o **ServSafe Food Protection Manager Certification, Venice, CA** Feb. 2013
- o **Los Angeles Trade Technical College, Los Angeles, CA** Oct. 1991– July 1993
Associate's Degree in Business
- o **NEC Bryman Educational Center** Sept. 1991 – May 1992
Certified Medical Assistant

Computer and Language Skills

Basic computer systems operating skills. Bilingual English/Spanish.