

Regina Shipman

Residence (510) 355-4313 |Email: reginashipman@yahoo.com

OBJECTIVE

To obtain a culinary food service position in a farm to table establishment

SUMMARY

7 years experience in professional kitchen capacity strengthened by recent culinary arts training and experience in at St. Vincent de Paul's Kitchen of Champions Culinary Program. arts involvement, leadership, supervision, prep skills, production skills, professional wash station, mass cooking capacity.

HIGHLIGHT of SKILLS

- Knowledge of industry operations (time management)
- Dependable, reliable, punctuality, trustworthy
- Excellent verbal and written communication skills
- Great team player or work well independently
- Goal oriented with a keen eye for details
- Committed to delivering customer service

RELATED PROFESSIONAL EXPERIENCE

- Recovery Counselor** **Thunder Road Adolescent Center, Oakland, CA** **5/07 to 2/13**
- Childcare watch, behavioral modification application, 12 step study course, foster self esteem, job readiness preparedness development, initiate and supervise kitchen and culinary skill techniques
- Early Childhood Educator** **St. Mary's Preschool, Oakland, CA** **9/06 to 5/07**
- Lesson planning for pre-school students on math concepts, pre-reading, self-esteem, and science projects
- Early Childhood Educator** **St. Vincent Day Home, Oakland, CA** **1988 to 1999**
- Plan, implement and develop age appropriate curriculum for 4 year olds in pre-kindergarten
 - Taught science, math and number concepts, and introduction of kitchen skills

EDUCATION & CERTIFICATION

- St Vincent de Paul of Alameda, Kitchen of Champions Culinary Program 4/13-6/13
Certificate of Completion (pending); SERVSafe Food Handler's Certificate (pending)
- New College of California, San Francisco, CA. 9/02-9/03
1st year completed in BA Humanities Program
- Women's Alliance Bldg Repair & Maintenance, Berkeley, CA. 9/99-6/00
Cert. of Completion
- Ctr. for Employment Training Warehouse Procedures, Oakland, CA. 9/87-7/88
Cert. of Completion

REFERENCES

Available on request

REFERENCES

Name: Sheila Cotton Title: Program Coordinator
Organization: Co-Counseling of East Bay Email: sheilaC9@hotmail.com

Name: Willona Williams Title: Supervisor
Organization: Thunder Road Adolescent Treatment Center Email: willonawilliams@yahoo.com

Name: Dorris Lily Title: Assistant
Organization: Employment Development Career Center Phone: 510-235-5000