

Linkedin: <http://www.linkedin.com/in/oonaghoregan>, Twitter: <http://twitter.com/#/oonaghoregan>

Oonagh O'Regan – Marketing, Entrepreneur.

Exceptional marketing and sales experience. Strategic thinker with excellent communication and negotiation skills, strong analytical, planning, forecasting and budgeting/financial skills, proven ability to lead a proactive marketing organization and to ensure accountability for results, new media expert – Social, Video, Google platforms, creative, both in devising campaigns and in the creation of edgy content and advertisements. Good people person. 56 recommendations on LinkedIn, for exceptional business performance.

"I found her to be exceptionally well organized with a unique ability to work with people from many functions and firms on a very human and powerful level. I recommend her as a valuable asset to any organization." Tim Zimmermann, Senior Analyst, Gartner Research.

Founder of Global Fashion Grid – 2014-2015

Global Fashion Grid is a powerhouse digital fashion agency & global fashion network that catapults fashion brands on to the world-wide scene.

Consultant – 2010 – 2015 - Founder of Market Assist

The Market Assist business helps companies to accelerate their position with Creative, Smart, Fast and Agile Marketing methods that are Fail Proof. Market Assist delivers services to 3 types of client:

- Companies with a smaller budget that want introductory messaging and brand development.
- Businesses that are pivoting off of their first GTM and need a refresh of branding, messaging and Web 2.0 strategy.
- International businesses that want to Cross the Chasm into the USA, quickly and cost effectively.

2002 – 2010 – A mix of corporate marketing and sales jobs

- Managed teams.
- Sold products and met sales targets.
- Forged strategic relationships.
- Built up partnership networks.
- Created and managed marketing strategies.

1996 – 2002 Retail, hotel and restaurant positions

- Selling retail clothing in Europe and San Francisco
- Running the front desk and office at the Marriott Hotel
- Waitressing, in NYC, Ireland and San Diego

EDUCATION - 1996-2000:

Bachelors Degree in Business and Marketing

Cork Institute of technology

Servers Test

Multiple Choice

- 1) Food is served on what side with what hand?
 - a) On the left side with the left hand
 - b) On the left side with the right hand
 - c) On the right side with the left hand
 - d) On the right side with the right hand

- 2) Drinks are served on what side with what hand?
 - a) On the left side with the left hand
 - b) On the left side with the right hand
 - c) On the right side with the left hand
 - d) On the right side with the right hand

- 3) Food and drinks are removed on what side with what hand?
 - a) On the left side with the left hand
 - b) On the left side with the right hand
 - c) On the right side with the left hand
 - d) On the right side with the right hand

- 4) What part of a glass should you handle at all times?
 - a) The stem
 - b) The widest part of the glass
 - c) The top

- 5) When you are setting a dining room how should you set up your tablecloths?
 - a) Neatly and evenly across the tables
 - b) The creases should all be going in the same directions
 - c) The chairs should be centered and gently touching the table cloth
 - d) All of the above

- 6) If you bring the wrong entrée to a guest what should you do?
 - a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn
 - b) Inform the guests that you will bring the correct entrée once everyone else in the dining room is served
 - c) Try to convince the guests to eat what you brought them
 - d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

Match the Correct Vocabulary

A Scullery

E Queen Mary

D Chafing Dish

G French Passing

B Russian Service

F Corkscrew

C Tray Jack

A. Metal buffet device used to keep food warm by heating it over warmed water

B. Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron)

C. Used to hold a large tray on the dining floor

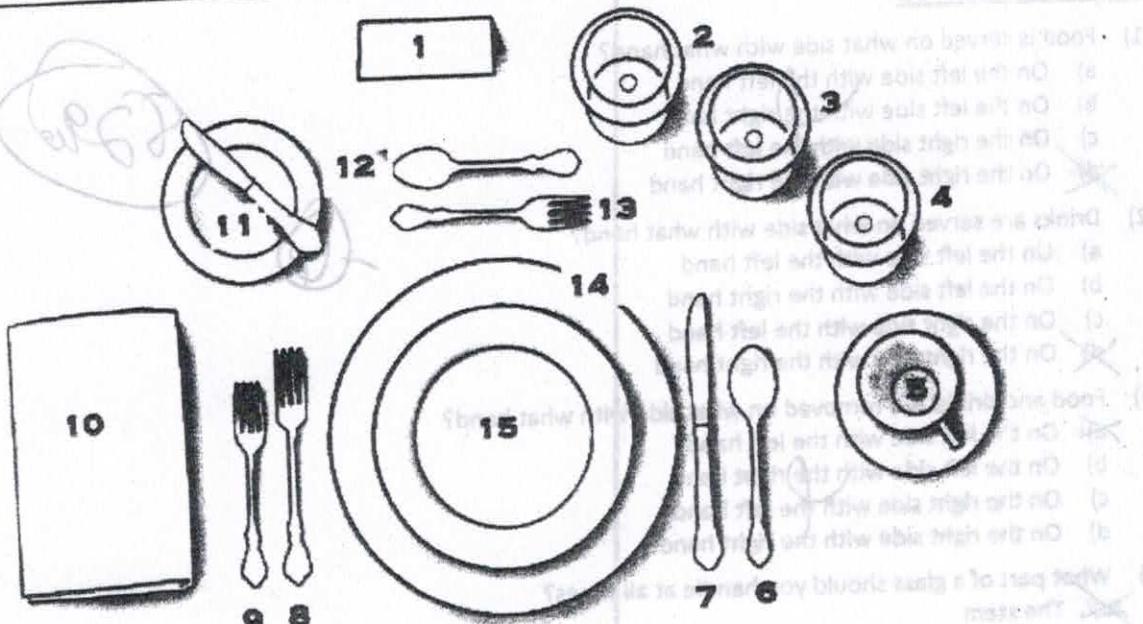
D. Area for dirty dishware and glasses

E. Large metal shelving unit for prepared food to be held or for dirty trays to be stored

F. Used to open bottles of wine

G. Style of dining in which the courses come out one at a time

Servers Test



Match the Number to the Correct Vocabulary

10 Napkin

11 Bread Plate and Knife

1 Name Place Card

12 Teaspoon

13 Dessert Fork

6 Soup Spoon

15 Salad Plate

4 Water Glass

8 Dinner Fork

5 Tea or Coffee Cup and Saucer

7 Dinner Knife

2 Wine Glass (Red)

9 Salad Fork

14 Service Plate

3 Wine Glass (White)

Fill in the Blank

1. The utensils are placed 1 inch inch (es) from the edge of the table.

2. Coffee and Tea service should be accompanied by what extras? Sweetener, milk.

3. Synchronized service is when: multiple people serve together.

4. What is generally indicated on the name placard other than the name? number

5. The Protein on a plate is typically served at what hour on the clock? 6 o'clock

6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately? Alert the chefs.