

Jonathan Wertz

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EXPERIENCE

East Sac Fitness, Sacramento CA — Assistant Manager

SEPTEMBER 2018 - PRESENT

Oversee and conduct operations of a thriving boutique gym with high service standards and member first attitude.

Self, Sacramento Valley, CA - Yoga Teacher

August 2016-Present

Conducted trauma informed group and private yoga classes. Guided students safely and fulfilling through classes in studios, homes, Sac County Jail, out-patient behavioral health rehabs.

INK Eats & Drinks, Sacramento CA — Server

AUGUST 2018-DECEMBER 2018

Conducted detailed and high volume orders in a fast-paced popular American Cuisine restaurant.

Bouchon Bistro, Yountville CA — Busser

MARCH 2012 - APRIL 2013

Cultivated poise and attention to detail; maintained Michelin Star level service; navigated high-pressure environment while graciously attending to duties, and requests.

EDUCATION

CSU Sacramento, Sacramento — Bachelors of Arts, Psychology

SEPTEMBER 2013 - DECEMBER 2015

Studied psychological sciences and conducted research on personality and mindfulness.

AVAILABILITY - OPEN

SKILLS

POS experience including
Micros, Square, etc.

Stress management.

Interpersonal skills.

Focused, flexible, able to
utilize constructive criticism.

CERTIFICATIONS/ASSETS

30-Day Emergency Substitute Credential

Basic Life Support CPR/AED

Food Handlers Certificate

Reliable Transportation

Public Speaking Experience

Clear Communicator