

Suraj Aryal

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An adaptable, hardworking, honest, and responsible who is looking for a position that will utilize the organizational and communication skills developed through a variety of engagements. My goal is to work in an organization where my creativity and knowledge are appreciated and put to in good use. Thus, I would like to work in your organization with my full capacity for your desired post.

Experience

Current work:

Shop Assistant in Harris Farm

- Present, promote, and sell products/services using solid arguments to existing and prospective customers.
- Perform cost-benefit and needs analysis of existing/potential customers to meet their needs.
- Establish, develop, and maintain positive business and customer relationships.
- Check and fill all shelves (especially fruit, vegetable, grocery and freeze items) and to ensure everything is on right place and their quality.
- Trolley collection and maintain cleanliness.

NOV. 2022 up to present:

Cook / Chef:

- Set up all the sections starting from the grill-oven-fryer and larder sections.
- Operate and cook foods using a fryer and grill, prepare desserts, and serve.
- Double-check all the food preparations for the service including all the sections and foods (seafood, poultry, meats)
- Receive and store all the raw materials, in the required container at the required temperature.
- Check stocks and report to the head chef for ordering.
- Proper management of wastage at the end of the shift.

Kitchen Skills:

- Basic knife skills
- Cooking and grilling skills
- Baking skills
- Equipment and machinery operation.

April 2022 to 2023:

Cleaning at Kirribilli club, Milson point:

1. vacuuming and mopping the floor
2. Wiping sweeping and dispose garbage in the bin

Personal Attributes

Compassionate: Worry about other people's welfare and try to have a beneficial influence.

Dependable: Possessing a strong work ethic, being trustworthy and accountable.

Motivated: Independent, ready to take on new tasks and absorb knowledge from experiences.

Skills

- Team player
- Excellent time management skills
- Conflict management
- Good communication skills
- Customer first mentality
- Flexible and adaptable to change

Educational Background

Certificate III in Individual Support

(on-going)

Brighton College

Level 8, George Street, Sydney, NSW 200, Australia

Certificate IV in Kitchen Management

Kingstone Institute Australia

Level 7, 8 Quay Street, Haymarket NSW 2000, Australia

Pinnacle Academy Higher Secondary School

HSC: Pinnacle Academy Higher secondary school

Lagankhel, Lalitpur, Nepal: 2021