

ZUZANA NEPEJCHALOVA

PROFILE

A dedicated and compassionate professional with a strong commitment to caring for others and fostering a positive impact. Committed to professional development through continuous learning and education. Deeply connected to the Blue Mountains and passionate about supporting the well-being of the community.

PHONE:

0477 099 516

EMAIL:

zuzana.nepejchalova@gmail.com

PROFESSIONAL REFERENCE

David Gavin – CCT Manager

Mobile: 0460 424 406

Email: david@qld.cctnursing.com

Courtney Toms – CCT Enrolled Nurse

Mobile: 0415 658 693

Email: courtney.toms96@gmail.com

James Castrission – MAG founder, International Keynote Speaker

Mobile: 0402 904 334

Email: james@myadventuregroup.com

CERTIFICATES AND LICENSES

- CCT Client specific training (PEG feeding, TBI, Positive Behaviour Support)
- NSW Driver's license – full C, access to a reliable vehicle with comprehensive insurance
- SISS00126 Wilderness First Aid Skill Set (includes HLTAID011 Provide First Aid, SISOFLD004 Provide first aid in remote locations, SIXEMR002 Coordinate emergency responses) 10/2024
- NDIS Worker Screening Check
- Working With Children Check

WORK EXPERIENCE

09/2022 – present

Complete Care Team, Katoomba and Leura NSW – Assistant in Nursing

Provides holistic home-based care to clients with disabilities while embracing their physical, emotional, spiritual, cultural, linguistic and social needs. Supports a non-verbal client with Early-Onset Alzheimer's Disease, providing 12-hour shifts on a full-time rotating roster. Highly respects clients' privacy and dignity. Follows clients' Individual Support Plans. Assists with ADLs, community participation, and clients' communication needs. Prepares nutritious meals and performs household tasks. Strictly follows hygiene, WHS regulations, and safe manual handling protocols. Plans and facilitates engaging activities for clients. Monitors and keeps daily records in TurnPoint.

11/2022 – present

My Adventure Group, Megalong Valley NSW – Base Camp Manager (Seasonal Work)

Leads base camp operations for James Castrission's leadership and self-development-oriented adventure multi-day programs aimed at business professionals. Acts as the primary point of contact for 15–120 participants, ensuring needs are met to enhance their unique experience in an offsite, out-of-the-comfort-zone environment. Manages, supervises, and motivates camp staff, fostering a high-performance team culture focused on efficiency, client satisfaction, and attention to detail. Oversees camp setup, pack-down, and maintenance, upholding hygiene, safety, and functionality. Coordinates logistics, including equipment, meals, and client transport. Collaborates with canyoning/abseiling guides, caterers, transport providers, equipment suppliers, the office team, and the facilitator. Adapts to changes to ensure that every guest experiences a smooth, well-organised, and memorable adventure.

08/2021 – 04/2022

DHM Barratt & Smith Pathology, Penrith, Lithgow, Blaxland NSW – Respiratory Screening Aide

Swabbed patients for COVID-19 in the drive-through centres and aged care facilities, ensuring efficient testing and patient comfort. Maintained accurate records in Apollo LIMS and e-Collect, ensuring compliance with data privacy. Worked independently at the Lithgow drive-through and collaboratively within a team in the Lower Mountains. Facilitated seamless communication between the patients, the lab, and relevant authorities to address and resolve operational issues. Adhered to stringent hygiene protocols while working in high-risk infectious environments, including the proper donning and doffing of PPE. Developed excellent patient care skills, with a focus on working compassionately with children and elderly patients, demonstrating sensitivity and empathy.

03/2022 – 10/2023

Redpepper Catering, Blue Mountains NSW – Catering Assistant

Assisted the caterer with the outdoor kitchen setup, meal preparation and presentation at weddings and high-end events of 50-200 guests across the region.

07/2020 – 02/2022

Alexandra Hotel, Leura NSW - F&B Attendant, Restaurant Manager

Managing role since Nov 2021. Managed and trained new waiting staff to ensure high-quality service and efficiency. Organised and

EDUCATION

ACWA Skill Assessment – Assistant in Nursing

06/2024

Skill recognition under the ANZSCO Code Aged or Disabled Carer 423111

Certificate III in Psychosomatic Therapy, Psychosomatic Therapy College, Perth

Current blended learning

Advanced Diploma of Project Management, Northwest College, Sydney

2022/2023

Diploma of Project Management, Northwest College, Sydney

2021/2022

The University of Pardubice, Master of Food Analysis, Czechia

2016/2017

Studied simultaneously with full-time employment in a laboratory. Studies deferred after first semester.

The University of Pardubice, Bachelor of Medical Laboratory Science (with Honours), Czechia

2012 - 2016

Completed an internship in the pathology laboratory at Kolin Regional Hospital, gained hands-on experience in the microbiology, haematology, blood transfusion, and clinical biochemistry departments. Conducted research on the analysis of natural antioxidants using capillary electrophoresis coupled with mass spectrometry.

Grammar School Kolin, Czechia

2008 - 2012

Represented the school in the Bohemia region writing contest. Led a science project on native plant dyes and their application to various textile fibres.

tailored smaller events • Represented the restaurant with professionalism and integrity

05/2019 – 07/2020

Travelled independently across Australia, gaining adaptability and problem-solving skills while working in various roles • Worked in front-of-house hospitality positions in Tasmania and Orange, NSW • Gained hands-on experience as a gardener, house-moving assistant, and companion to elderly individuals in Sydney.

10/2018 – 05/2019

Hotel Julian, Prague CZE - Receptionist

Served as the first point of contact for guests, providing a warm and professional welcome in this four-star hotel • Created personalised trip itineraries, including tours and cultural events • Resolved guest concerns and handled difficult situations with professionalism and problem-solving skills • Successfully led the emergency evacuation of the building during a night shift, ensuring guest safety and compliance with emergency protocols.

06/2017 – 08/2018

Travelled, worked and volunteered across New Zealand, South East Asia, and the UK • Walked the Te Araroa hike in NZ solo for 2.5 months.

09/2016 – 05/2017

Ceska Laboratorni, Prague CZE - Microbiology Laboratory Technician

Received, checked, selected, and labelled specimens and their evidence into LIMS • Identified, inoculated, and isolated bacterial colonies, conducting various biochemical tests • Prepared and stained microscopic preparations for examination, performing microscopy as part of routine analysis • Conducted ATB resistance testing, and calibrated and operated the MALDI system daily • Took responsibility for the laboratory station, processing approximately 200 samples daily • Entered test result data and kept accurate records of laboratory activities • Followed protocols and quality procedures to maintain laboratory standards • Communicated with warehouse and distribution teams to coordinate specimen handling • Cleaned and maintained laboratory equipment to ensure operational efficiency.

2016 - Pathology laboratory of Regional Hospital Kolin CZE - Internship

Interned in the microbiology, haematology, blood transfusion and clinical biochemistry departments.

HOBBIES AND INTERESTS

- Rock climbing, yoga, meditation, dance
- Native plants and fungi – edible and medicinal
- Solo thru-hiking, navigation
- White water kayaking
- Travelling: experiencing new people, cultural diversity, languages, and native flora and fauna
- Sustainable living, permaculture gardening