



# Dolnath Nepal

## Profile

Experienced Kitchen Helper with excellent time management and organizational skills. Skilled in assisting with food preparation, maintaining cleanliness, and supporting the culinary team. Demonstrates a strong work ethic and the ability to thrive in a fast-paced kitchen environment..

## Employment History

### Tech-Associate and Sales Representative at Staples, Scarborough

January 2023 - Present

- Collaborate with team members to deliver seamless customer service and exceed sales targets.
- Provide exceptional customer service by understanding and fulfilling customer needs and expectations.
- Maintain company merchandising standards, including current pricing promotional planners, ad set-ups, and displays.
- Communicate regularly with the Manager to maximize sales and maintain a positive work environment.

### Kitchen Helper at Himalayan Kitchen

May 2022 - October 2023

- Prepared food items as per the order and instructions of the chef.
- Maintained a clean and organized kitchen.
- Assisted the chef in kitchen-related tasks and provided support as required.
- Demonstrated capacity to handle high volume orders without compromising food quality or presentation.
- Proven track record of collaborating with chefs to develop innovative menus, incorporating local and seasonal ingredients, and accommodating special dietary requirements.

## Education

### Software Engineering, Centennial College, Scarborough

August 2022 - Present

Developed strong problem-solving, critical thinking, and project management skills through collaborative group projects and assignments.

## Details

Scarborough  
Canada  
4375569982  
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## Skills

Problem Solving Skills  
Adaptability  
Interpersonal  
Communication Skills  
Active Listening  
Multitasking Skills

## Hobbies

I love to cook, listen to songs and read.