

Dennis Lantz – Master Resumé

Portfolio: [Atmosfaren](#)

Profile

Job seeker with a heart for people, problem solving and development

Curious, empathetic and experienced. I am a person who likes to understand people, create solutions and build teams where everyone feels safe, seen and engaged.

My journey has gone from dance stages and store floors to UX projects and agile teams. For over 20 years I have worked with people in various roles: as a store manager, dance manager, project manager, UX designer, coach, event organizer and mentor. I am passionate about structure, service and creating good experiences. Both physically and digitally.

I have a background in retail (ICA) where I led teams and increased sales with smart planning and clear responsibility. I have taught dance for over a decade and built cultural projects and communities from scratch. In recent years I have furthered my education in agile project management and experience design and worked with SaaS products, prototypes, user testing and accessibility.

My drive? To create value for the customer, the team and the workplace. I am organized, warm, flexible and used to working both independently and in a team. Whether I am out making rounds, standing at a checkout line or leading a workshop, I always give 100% with a smile on my face.

Work experiences

FastDev AB, Stockholm, Sweden

Jan 2025 – May 2025 (Full-time)

UX designer (LIA internship hybrid)

- Internship as UX designer for SaaS platforms and mobile apps
- Wireframes, prototypes, user tests, interviews, design guidelines
- Used agile methods (Scrum) and collaboration in product teams
- Focus on accessibility, structure and user flows

ICA Kvantum Värtan, Stockholm, Sweden

June 2011 – August 2023 (Full-time)

Store employee, responsible salesperson, team leader

- Responsible for freezer, colonial, drinks, specialty items
- Cashier, game agent, pharmaceuticals, mail
- Service, product picking, campaign planning, personnel support
- Agile working method via Lean boards, structure and coaching
- Increased freezer sales by +30% via analysis and improvements

ICA Kvantum Mirum, Norrköping, Sweden

May 2007 – June 2011 (Full-time)

Cashier, Colonial, Special & Fruit Manager

- Department responsibility for Colonial and Fruit & Vegetables
- Leadership, campaign follow-up and ordering
- Customer service and store support

Tegelhagen Bygg & Montage, Kolmården, Sweden

2006 – 2007 (Full-time)

Ventilation Technician

- Installation of ventilation systems in construction projects
- Independent and physical work at a fast pace

Transcom, Norrköping, Sweden

2004 – 2005 (Full-time)

Telemarketing, Customer Service & Sales

- Customer Service, Support, Market Research
- Improved my communication and sales skills

ICA Delfinen – Kolmården, Sweden

2003 – 2004 (Full-time)

Salesperson & Cashier

- Order placement, store responsibility, cash handling
- High level of service, flexible in all departments

Regementet P18, Gotland, Sweden

2002 – 2003 (Full-time)

Close Protection Soldier (Conscription)

- Protection Force, Cooperation, Discipline and Responsibility

Dressmann – Norrköping, Sweden

2001 – 2002 (Part-time)

Salesperson & Cashier

- Store work, cash handling, consulting

Fettåtervinningen AB – Norrköping, Sweden

2000 – 2001 (Part-time)

Industrial workers & fat recycling

- Solo work with responsibility for recycling flows



Business owner

Atmosfären Design Studio, Stockholm, Sweden

2024 – ongoing (paused during job search period)

Founder, UX/UI Designer & Frontend Developer (paused)

- Built and designed digital products, websites, apps
- UX design, user testing, prototyping, branding and strategy
- Customer projects and own initiatives, strong focus on user experience and inclusion

(Paused during job search because I want to focus fully on my next employer – but bringing all my entrepreneurial spirit and creativity into the new one.)



Dance, pedagogy & project management

Funky 4 Generations, Stockholm, Sweden

2014 – Present (Non-profit organization)

Chairman, organizer & project manager

- Workshops, events, dance camps, networks
- Responsible for finances, team and marketing

Dansakademien, Norrköping, Sweden

2013 – 2016 (Part-time)

Circle leader & dance teacher

- Teaching for children, youth, adults
- Building community and inclusive environment

Vibe Street Style Crew, Norrköping, Sweden

2005 – 2011 (Non-profit organization)

Founder, Dance Director, Educator & Chairman

- Education, Choreography, Events, Community-Building
- Two of the members went on to become some of Europe's top dancers

Folkuniversitetet – Norrköping, Sweden

2003 – 2010 (Part-time)

Dance teacher

- Taught street dance to different ages and levels
- Responsible for planning, communication and development

Locking Camp, Las Vegas, U.S.A.

2016 – 2019 (Non-profit organization)

Volunteer Coordinator

- Volunteer work, problem solving, organizer role

Nikki Barr, Norrköping

2010 – 2011 (Part-time)

Background dancer

- Choreographer, dancer & teacher

TV Experiences

2017 Single mother looking for Dated Jenny, went to the final of the program.

2017 First dates Participated in one episode, dated Roxy.

2010 Talent Sweden Performed with the dance group Vibe, 2 yeses from the jury, was broadcast on TV.

2009 Agnes - Release Me Participated as a dancer and extra in the music video Release Me.

2004 Floor Filler Participated in the audition and appears in several videos from the audition.

Education & Certificates

2025 Experience Designer Changemaker Educations / Futuregames, Stockholm

2021 Agile Project Manager & SAFe 5.0 Changemaker Educations, Stockholm

2014 Streetdance Five Styles & Locking Åsa Folkhögskola, Sköldinge

2002 Animal Care Himmelstalundsskolan, Norrköping

1999 Music Class Hagaskolan, Norrköping

Skills & Competencies

Digital tools and technical expertise

UX/UI-design

Figma, FigJam, Adobe CC

Prototyping & Frontend

HTML, CSS, JavaScript – for interactive prototypes and design implementation

Agile working method

Scrum, Kanban, workshop facilitation and sprint planning

Collaboration platforms

Miro, Mural, Notion, Trello, Teams, Slack, Office 365, Google Workspace

Projects & business development

Branding, strategy, project management, WCAG and inclusive design

AI and automation

Tools for design analysis, onboarding, support, event planning

Dev & Tech Support

Visual Studio Code, GitHub, AI-assisterade system

Sales, service & leadership

- Store operations, campaign planning, picking and warehouse logistics
- Cash handling, fast-paced service, problem solving
- Team management, onboarding, coaching, scheduling
- Results-driven business development and sales strategy

Personal characteristics

- Social, responsive and inclusive – builds trust quickly
- Structured, methodical and organised in everything I do
- Creative problem solver with a “MacGyver” mentality
- Flexible, adaptable and confident in change
- Driven by creating a good atmosphere, structure and a healthy team
- Strong work ethic, low-key humour and self-awareness

Interests & creative strengths

- Stage experience: dance, music and event production
- Experience in leading and creating communities and experiences
- Passion for culture, travel and human encounters
- Involvement in TV productions and non-profit projects
- Extra skills: beatboxing, memes, structuring, gamification and tech curiosity

Language

Swedish – Native Speaker

English – Fluent

German – Beginner

Licenses

2021 B driving license Another traffic school, Finsspång, Sweden

2006 Truck, traverse & skylift license BT, Mjölby, Sweden



References

FastDev AB

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ICA Kvantum Värtan

Hanna Nordin, HR Manager
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ICA Kvantum Värtan

Henrik Ström, Store Manager
08-599 03 311
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ICA Kvantum Värtan

Christina Kokalis, Sales Manager Cashier
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Changemaker Educations / Futuregames

Alexandra Törmänen, training leader Agile Project Manager
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Changemaker Educations / Futuregames

Dominique Lecapre, training leader Experience Designer
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Dansakademien Norrköping

Caroline Havenslätt, dance teacher/owner
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More references are available upon request.

CV updated: July 2025 – Dennis Lantz is actively looking for work, flexible and ready for the next challenge!