

CRAIG WELLSPRING

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Skills and Education

- High School Diploma
Graduated as a Junior in 2008
- Massage Therapy Diploma
*Nashville School of Massage Therapy
600 Hours, completed July 2015*
- Jiu-Jitsu Blue Belt
*Phoenix MMA and Brazilian Jiu-Jitsu
Began in October 2015, still training regularly*
- Typing, coding, and language skills obtained from a lifelong passion for computers and independently modding and developing games
*Started modding games as a teenager using C++ / Lua / XML / SQLite
Began working on my dream game project in 2018 using Unity / C# / Blender*
- Business management and interpersonal skills obtained over many years in the service industry
- Organizational skills and attention to detail honed through work in top-end professional kitchens, a medical office environment, and learning to code
- Strong work ethic developed through mentorships and constant personal development

Employment History

Delivery Driver, Pizza Hut

St Louis, MO 1/2009 — 1/2010

- Handling money and products
- Store maintenance responsibilities including trash, dishes, cleaning, and food preparation
- Maintaining a working vehicle and being reliable

Shift Leader, Pizza Hut

St. Louis, MO 1/2010 — 1/2012

- Hiring employees, making a schedule, overseeing time-in and time-out
- Managing inventory, procedures, and the general order of the restaurant
- Coordinating deliveries, time management

Line Cook, The Tavern Kitchen & Bar

St. Louis, MO 1/2012 — 1/2013

- Absorbing information very quickly and adapting to a hectic, fast-paced environment
- Learning to execute and memorize complicated recipes in a professional kitchen
- Rigorous cleaning responsibilities

Chef de Partie, The Tavern Kitchen & Bar

St. Louis, MO 1/2013 — 8/2013

- Managing and maintaining multiple food prep stations to top quality standards
- Assessing where help is needed within the kitchen and providing leadership
- Overseeing large cooking and cleaning projects
- Contributing to staff meetings and helping make tasks more efficient

Sous Chef, Cucina Pazzo

St. Louis, MO 8/2013 — 1/2015

- Hiring front- and back-of-house employees and executing disciplinary actions
- Overseeing and managing restaurant-wide inventories
- Presenting and directing daily staff meetings
- Assessing and addressing inefficiencies in organization and operations
- Cultivating a positive working environment by influencing morale and motivating staff

General Manager, The Dog of Nashville

Nashville, TN 3/2015 — 2/2018

- Overseeing all of the restaurant's operations, including hiring and firing staff, purchasing food, supplies and equipment, and dealing with suppliers and vendors
- Responsible for the business performance, quality standards and health and safety of the restaurant

Independent Massage Therapist

Nashville, TN 1/2016 — 3/2020

- Personally taking appointments for massage performed in the client's home
Swedish, Deep Tissue, Sports Therapy and Thai massage
- Performing chair massage at public events, festivals and jiu jitsu tournaments
- Maintaining and laundering own massage therapy equipment and linens
- Networking and marketing personal massage therapy business
- Completing required continuing education courses to maintain a valid massage therapy license

Chiropractic Therapy Assistant, Nashville Spine and Sport

Nashville, TN 5/2018 — 10/2018

- Performing massage therapy and related chiropractic therapies
- Operating an Ultrasound machine to perform Therapeutic Ultrasound and Electrostimulation therapies
- Using a Cervical/Lumbar Traction machine to perform spinal decompression therapies
- Maintaining the order and cleanliness of the office and therapy rooms
- Taking notes and maintaining accurate patient records
- Booking and performing massage therapy appointments with office clients

Fenwick's 300, Line Cook

Nashville, TN 9/2018 — 7/2019

- Preparing food, cleaning equipment, maintaining a clean working environment and managing inventories

Convention Productions Rigging, Stagehand

Nashville, TN 2/2019 — 3/2020

- Unloading, setting up, breaking down, and re-loading Audio, Lighting, Video, Automation, Pyrotechnic and Staging equipment for large scale convention and music productions
- Following instructions and working seamlessly with a large team

National Laundry Equipment, Service Technician

Nashville, TN 7/2019 — 3/2021

- Installing, maintaining, and uninstalling commercial and industrial laundry equipment
- Duties included operating heavy vehicles and equipment, plumbing, electrical, metalwork, cement masonry, carpentry, technical troubleshooting, computer programming, money handling, vehicle maintenance and team coordination.

Thank you for your time and consideration!