

# Craig Wellspring

## Curriculum Vitae - Employment History

### **Delivery Driver, Pizza Hut**

*St. Louis, MO*

*1/2009 — 1/2010*

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

### **Shift Leader, Pizza Hut**

*St. Louis, MO*

*1/2010 — 1/2012*

- Making a schedule, overseeing time-in and time-out
- Managing inventory, procedures, and the general order of the restaurant

### **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
- Contributing to staff meetings and helping make systems 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
- Taking notes and maintaining accurate patient records
- Booking and performing massage therapy appointments with office clients

**Line Cook, Fenwick's 300**

*Nashville, TN*

*9/2018 — 7/2019*

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

**Stagehand, Convention Productions Rigging**

*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 complex instructions and working safely and seamlessly with a large team

**Service Technician, National Laundry Equipment**

*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.

**Barback, Honky Tonk Central**

*Nashville, TN*

*3/2021 – Current*

- Stocking and rotating alcohol inventory
- Assisting bartenders and maintaining the bar area
- Minor security duties