



Beata Greń-Onderko
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d.o.b.: 31st August
1963
Polish full driving
license
CRB on demand

Beata Greń-Onderko

Weekend Cook

Career Profile I am a committed, hard working person who wants to make use of her abilities to cook good, healthy and natural food. I was always passionate about how diet influences human health, and I am still up to date with the newest dietary recommendations.

Key experience I regularly cook meal for an older lady, and sometimes help with health care. These meals are always made with very fresh ingredients. She particularly likes the soups that I make. I work in Westbank care home as a cook and my duties include cooking for at least 40 residents.

- hands-on experience of preparing food for large number of people
- good understanding of foods and nutrition suited to older people and basic hygiene good practice
- good knowledge of vegetarian dishes
- a good team worker
- a caring attitude to older people
- reliability and punctuality
- an awareness of costs in food preparation and interest in cuisine from different countries
- a willingness to learn and undertake an further training necessary to do a good job
- an ability to learn quickly

Work experience

January 2018- ...

Cook/ Kitchen Assistant in Ross Court Care Home

- Cooking for around 35 residents
- Preparing breakfast, lunch, dinner, desserts, birthday cakes
- Works alone or with a help of the kitchen assistant
- Approximately 24 hours per week

20th October 2016- 8th January 2018

Weekend Cook in Westbank Care Home

- Cooking for more than 40 residents
- Preparing breakfasts, lunches , dinners, desserts, birthday cakes for residents
- Approximately 27 hours per week

Summer 2016-...

Occasionally working as a cleaner in Bridge House Hotel.

- luxury hotel standards
- cleaning 6-8 rooms

17th May 2016- October 2016

Sales assistant in Euro Garages (Ross-On-Wye) FULL TIME

8th May 2016- ...

Cleaner (PART TIME) at Parkfields Country House. Duties: keeping all areas of Parkfields Country house clean and tidy, sorting laundry, dusting, polishing, sweeping.

Training and Courses

03rd October 1985 -19th May 1986

First aid course at Polish Red Cross at PRC Wrocław

August 1986

One month language scholarship founded by French Embassy at University of Grenoble, France

02nd March 2009-30th June 2009

Training in Social Integration Center (Centrum Integracji Społecznej) in Wrocław. Aim: schooling in licensing and running social cooperative (446 hours)

10th September 2009-19th December 2009

English language course at Pre-Intermediate level in Yellow Language Center Sp. z.o.o (64 hours)

January -August 2010

Participation in „Women professionally active- It’s me” project concerning: 60h of UE projects management training, 8h of labour legislation training, 30h of computer skills training (MS Office), 8h of labour market training, 8h of psychology workshop, 8h auto presentation skills training, english language course finished with TOEIC exam

2009-2011

French language course at level B2/C1 in Alliance Francais Language School in Wrocław (3 semesters)

October 2014-July 2015

English language course at A2 level (coursebook A2/B1) with final exam

Education

1982-1987

Studies at Faculty of National Economics at Oskar Lange’s Academy of Economics (now University of Economics) in Wrocław

Skills and Interests

Languages

- o English A2
- o French B2
- o German A1

Interests

- o Natural medicine and herbalism
- o Sports: fitness and skiing
- o Films and festivals
- o Gardening
- o Classical music

References

References upon request.