

# MADELINE LOWES

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## EDUCATION

Western University 2016-2020	<b>BACHELOR OF SCIENCE (FOODS &amp; NUTRITION)</b> Honours Specialization in Nutrition & Dietetics. Recipient of the Brescia University Entrance Scholarship.
Blyth Academy 2015-2016	<b>ONTARIO SECONDARY SCHOOL DIPLOMA</b> Honour Roll (Grades 11-12)
Lorne Park Secondary School 2012-2015	<b>ENHANCED PROGRAM</b> Honour Roll (Grades 9-10)

## WORK EXPERIENCE

Le Dèlice Pastry Shop 2021-Present	<b>BAKERY CLERK &amp; SUPERVISOR</b> Assist customers by creating a welcoming, friendly environment, address any customer & employee concerns & problem solve, create team schedule, encourage & support team members, interview, hire & train new & current employees, & lead by example.
Nanny Private Family (part-time) 2021-2022	<b>NANNY</b> Worked on a set schedule with two families to ensure the children (ages 6, 7, 9 & 11 - 2 boys, 2 girls) were picked up from school, dropped off & picked up at activities, fed, understanding & completing their homework, completing their chores, & ready for bed, in a safe & timely manner.
Loblaw Companies Limited 2019-2021	<b>ASSISTANT PRODUCT MANAGER (2020-2021)/ SUMMER INTERN (2019)</b> Facilitated the development of new & re-designed products to meet the needs of consumers by supporting the product development process to ensure a strategic & timely delivery. Managed schedules & timelines amongst Loblaw's project teams & vendors.
Western University Student Recreation Centre 2017-2020	<b>SHIFT SUPERVISOR (2018/2019) / FITNESS CENTRE ATTENDANT (FCA) (2017)</b> Supervised, trained & provided support to FCA, ensuring all fitness areas & equipment were used safely by gym members. Interviewed & trained work-study employees throughout the year.
The Co-operators 2018	<b>AGENCY DISTRIBUTION &amp; SALES SUPPORT SUMMER STUDENT</b> Developed professional, client-facing presentations to support financial advisors during the sales process. Gathered & researched data to support the goal setting, resource management & budget allocation functions for a multi-year Wealth Management Plan.

President's Choice  
Cooking School  
2016-2017

**INSTRUCTOR (2017) / ASSISTANT INSTRUCTOR (2016)**

Led a team of 1-3 assistants in the lessons & instructed students in the preparation of recipes. Additionally, ran in-store demonstrations to showcase new products to customers.

LifeMark  
Physiotherapy  
2014-2016

**CUSTOMER SERVICE REPRESENTATIVE**

Provided frontline customer service including appointment booking, payment processing, & patient record keeping in internal databases.

Studio PAVAS  
2012-2014

**DANCE TEACHER / ASSISTANT**

Taught dance classes for young students. Developed class plan, demonstrated skills, provided technique correction & helped students prepare for examinations.

**VOLUNTEER  
EXPERIENCE**

UWO Orientation  
Program 2017-2020

**OFF-CAMPUS SOPH / ORIENTATION LEADER**

Support first year off-campus students with the transition to university by promoting & participating in a year-long Orientation Program that advocates personal wellness, encourages campus participation & positively connects students with campus resources.

Food Resources &  
Education for Student  
Health (FRESH)  
2016-2019

**VP FRESH EDUCATION (2018) / ASSISTANT VP FRESH  
EDUCATION (2017) / PEER EDUCATOR (2016)**

Organize FRESH events, which include hosting nutrition education sessions, informative displays, interactive cooking demonstrations, & presentations. Responsible for recruiting FRESH Peer Educators for the events to inform students across campus.

Diabetes Canada, D-  
Camps Camp  
Discovery  
2018

**NUTRITION STUDENT**

Supported a team of Registered Dietitians at an overnight camp for children with T1D. Assisted with menu planning, calculating carbohydrate counts, & identifying alternatives for individuals with allergies. Assisted campers in baking rotations & with selecting meals & snacks to meet their required carbohydrate intakes. Assisted Medical Team in regular blood sugar testing & protocol.

**SKILLS**

Extensive experience working with young people ages 2-18

Excellent oral and written communication

High level of interpersonal skills (patient, compassionate & encouraging)

Enthusiastic attitude towards learning

Certified in Mental Health First Aid

Ability to work independently and in a team

Proven ability to schedule meetings, send e-mails, organize daily tasks, and co-ordinate events

Dependable, meticulous, flexible, hardworking and self-motivated