



Radmehr Behzadfar

EXPERIENCE

November 2022 - Current

Restaurant Team Member Gilaneh Restaurant | Toronto, ON

- Followed restaurant guidelines in regards to food safety and hygiene to prevent illness.
- Provided exceptional service to high volume of daily customers.
- Cleaned counters and common areas to minimize spread of germs.
- Stocked condiments, toppings and other food items during slow hours to avoid dashing to kitchen during peak times.
- Completed cleaning duties by sweeping and mopping floors, vacuuming carpet and tidying up server stations.
- Navigated job responsibilities and completed regular tasks by interacting effectively with other employees.
- Greeted customers, answered questions and recommended specials to increase profits.
- Cleaned tables and chairs to prepare dining area for next customers.
- Communicated with hosts, bussers and kitchen staff to prepare for and serve customers.
- Checked with customers to determine satisfaction with meals, promptly taking action to correct problems.
- Served food and beverages to patrons and immediately remedied issues with orders.
- Trained new employees on restaurant procedures and plating techniques.
- Addressed complaints to kitchen staff and served replacement items.
- Promoted desserts, appetizers and specialty drinks to optimize sales.
- Arranged place settings with clean tablecloths, napkins and tableware to prepare for incoming guests.
- Presented menus to patrons to answer questions about offered items and make suitable recommendations.

June 2021 - October 2022

Soccer Player Dena Guilan | Rasht, Guilan

- Combined and cooperated with fellow defenders to maintain defensive security and structure of defending play.
- Attended scheduled practices and training sessions to improve footwork techniques and team cohesion.
- Mentored young players by teaching techniques, schemes and nuances of soccer.
- Created goal-scoring opportunities for teammates through intelligent movements, support play and distribution skills.
- Moved body with and without ball to maximize impact with balance and coordination.
- Practiced sport with team by performing skill drills, playing mock matches and discussing new strategies.
- Strengthened rapport with team by taking part in exhibition matches and other practice events.
- Accepted feedback from coaches and teachers to improve game.

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SUMMARY

Reliable individual willing to handle various duties, including taking orders, cleaning workstations and monitoring cook times. Determined Restaurant Team Member with pleasant personality and desire to learn new tasks.

Energetic Restaurant Team Member remaining composed in fast-paced environments.

Knowledgeable individual willing to take customer orders and clean areas so that the restaurant exceeds food safety regulations. Outgoing employee with great attendance record.

Hardworking baker and team member with proven relationship-building and time management skills in fast-paced restaurant environments. Successful at handling tables of all sizes with accuracy and impeccable service skills. Strives to meet customer needs, drive satisfaction and promote long-term loyalty. Highly-motivated employee with desire to take on new challenges. Strong work ethic, adaptability and exceptional interpersonal skills. Adept at working effectively unsupervised and quickly

mastering new skills. Hardworking employee with customer service, multitasking and time management abilities. Devoted to giving every customer a positive and memorable experience. Motivated high school student with a track record of academic excellence looking for part-time work. Intends to develop professional work experience utilizing excellent communication and time management skills. Outgoing Programming student pursuing flexible part-time employment with weekend and evening shift options.

SKILLS

Restaurant Team Member:

- Guest Experiences
- Food Safety Understanding
- Menu Knowledge
- Service Prioritization
- Quality Control
- Safe Food Handling
- Relationship Management
- Critical Thinking
- Microsoft Office
- Email and Phone Orders
- Company Policies and Procedures
- Supply Restocking
- Proper Equipment Operation
- Food Safety Procedures
- Dish Preparation

Soccer Player:

- Rules of the Game
- Excellent Ball Control
- Agility Drills
- Strength Improvements
- Human Anatomy Knowledge
- Flexible Schedule
- First Aid/CPR
- Training & Development

Linguistic skills:

- Fluent in Persian as a mother tongue
- Fluent in English (IELTS: 7.0)
- Some Arabic (92% in exam)
- Some German (Equal to A2)

Some other skills:

- VERETA math license
- Some Programming experience

- Adhered to healthy diet and good exercise program to maintain physical conditioning.
- Worked with coaches to identify strengths and weaknesses and make adjustments to improve performance.
- Used consistent training to optimize form and techniques.
- Adhered strictly to rules and regulations of activities department and district.
- Supported and mentored junior team members to promote collaboration and improve collective expertise.
- Watched videos post-competition to assess performance and identify weaknesses.
- Studied competitors to understand different strategies and gain important advantages.
- Maintained optimal physical fitness levels through active training, nutritional optimization and positive lifestyle choices.
- Adhered to play rules and listened to officials.
- Mentored younger athletes, helping develop and improve skills.
- Communicated with diverse group of fellow athletes, coaches and game officials to maintain positivity and good sportsmanship.
- Practiced good sportsmanship before, during and after sporting events and practices.
- Reacted to complex game situations quickly and effectively.
- Provided leadership, insight and mentoring to newly hired employees to supply knowledge of various company programs.
- Showed discipline and responsible nature during and outside of competitions.
- Listened to coaches, trainers and support staff and implemented suggestions to enhance team contributions.
- Delegated work to staff, setting priorities and goals.
- Identified personal strengths and weaknesses and adjusted techniques to enhance performance.
- Accepted constructive criticism from coaches and teammates to improve skills.
- Leveraged multiple body parts to collect, control and manipulate ball.
- Weight trained and performed other exercises to render body capable of withstanding challenges of field.
- Assessed recorded games with teammates to identify areas for improvements to team communication.
- Maintained optimal fitness level by training regularly, following nutrition plans and consulting with health professionals.
- Exercised strong leadership skills and practiced self-discipline on and off field.
- Attended all scheduled practices and training sessions to maintain peak athletic performance.

December 2021 - April 2022

Fruit Seller Lux Fruit shop | Rasht, Guilan

- Greeted customers to determine wants or needs.
- Cleaned shelves, counters and tables to maintain organized store.
- Answered store and merchandise questions and led customers to wanted items.
- Unboxed new merchandise and restocked shelves in appealing and organized arrangements to promote items.
- Stocked shelves and supplies and organized displays to focus customer attention on specific items.

- Performed floor moves, merchandising, display maintenance and housekeeping to keep sales areas well-stocked, organized and current.
- Organized store by returning merchandise to proper areas and restocked displays.
- Recommended merchandise to customers based on needs and preferences.
- Maintained knowledge of sales and promotions, return policies and security practices.
- Computed purchases and received and processed cash or credit payment.
- Exchanged merchandise for customers and accepted returns.
- Described merchandise and explained use, operation and care.
- Bagged or packaged purchases and wrapped gifts.
- Maintained records related to sales for store management.
- Prepared merchandise for purchase or rental.
- Placed special orders or called other stores to find desired items.
- Ticketed, arranged and displayed merchandise to promote sales.
- Watched for and recognized security risks and thefts to prevent or handle situations.

April 2021 - August 2021

Customer Service Cashier Kosar Supermarket | Rasht, Guilan

- Operated cash register or POS system to receive payment by cash, check and credit card.
- Accepted cash and credit card payments, issued receipts and provided change.
- Answered customer questions and provided store information.
- Collected payments and provided accurate change.
- Delivered high level of customer service to patrons using active listening and engagement skills.
- Helped customers find specific products, answered questions and offered product advice.
- Completed daily recovery tasks to keep areas clean and neat for maximum productivity.
- Tracked company inventories, moved excess stock and arranged products to improve sales.
- Used suggestive selling techniques to promote add-on sales.
- Processed refunds for worn, damaged and broken merchandise.
- Directed trash removal and sanitation procedures to keep aisles and register area organized.
- Discounted purchases by scanning and redeeming coupons.
- Answered product questions with up-to-date knowledge of sales and store promotions.
- Worked closely with front-end staff to assist customers.
- Trained new team members in cash register operation, stock procedures and customer services.
- Preserved appearance of store by arranging and replenishing displays and merchandise racks.

May 2016 - June 2019

Soccer Player Dokhaniai Guilan | Rasht, Guilan

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- Weight trained and performed other exercises to render body capable of withstanding challenges of field.
- Assessed recorded games with teammates to identify areas for improvements to team communication.
- Reacted to complex game situations quickly and effectively.
- Provided leadership, insight and mentoring to newly hired employees to supply knowledge of various company programs.
- Delegated work to staff, setting priorities and goals.
- Maintained optimal fitness level by training regularly, following nutrition plans and consulting with health professionals.
- Attended all scheduled practices and training sessions to maintain peak athletic performance.
- Accepted constructive criticism from coaches and teammates to improve skills.
- Played in the highest level of Iranian soccer league under 16.

EDUCATION AND TRAINING

June 2021

High School Diploma

Dr. Moein, Rasht. Guilan. Iran

Master of Science | Chemistry

Guilan University, Guilan. Iran

Associate of Applied Science | Computer Programming And Analysis

Seneca College of Applied Arts And Technology, North York, ON

LANGUAGES

Persian:



Native/ Bilingual

English:



Full Professional

German:



Limited

Arabic:



Limited