

# Seamus Nolan

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Date of Birth: 31/03/2001

## PERSONAL STATEMENT

Looking for a job that allows me to use my people skills. Hard worker who learns quickly and enjoys being part of a team. Available to work flexible hours including evenings and weekends.

## WORK EXPERIENCE

Line Cook at O'Brien's Sandwich Bar, 11/2025 - 11/2025

- Ensured compliance with food safety and hygiene standards
- Operated POS systems and processed orders efficiently
- Trained 9 new team members on company procedures
- Coordinated with kitchen staff to ensure timely order delivery

Food Preparation Worker at Eddie Rocket's, 11/2023 - 10/2024

- Prepared food items according to company standards and procedures
- Assisted in opening and closing procedures
- Managed inventory and stock rotation

Barista at Boojum, 11/2021 - 10/2022

- Maintained a clean and organized work environment
- Operated POS systems and processed orders efficiently

## EDUCATION

Higher Diploma in Marketing, Institute of Technology Sligo (2023)

Bachelor of Science in Human Resources, Limerick Institute of Technology (2024)

## SKILLS

- menu knowledge
- food preparation
- cooking

- scheduling
- multitasking
- stock rotation
- time management
- food hygiene
- food presentation
- training
- Microsoft Office
- Marketing
- Sales

## **REFERENCES**

References available upon request