

# MARIAH PIRES

5 HARLEY COURT • EATONS HILL • QLD • 4037 • (07) 3325 2425 • 0434 350 428

DOB: 29/01/1992 •

mariah.pires@hotmail.com

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**An exceptionally committed, confident, reliable and hard-working employee that can multitask, learn quickly and has valuable experience. Looking for challenging employment to further develop work-based skills.**

## **Skills and competencies**

**Education     Bachelor of Health Science (Nutrition)  
Queensland University of Technology  
2010 – Graduated December 2012**

**Mount Alvernia College, graduated 2009, OP 11**

**Experience     Infinity Group International**

### ***Event Marketing of Clientele Products - Sales (September 16<sup>th</sup> – December 6th)***

- Market products through travelling to sites and direct market approach
- Promote and gain members for cliental (Canteen – kids living with cancer)
- Face to face customer interaction
- Skills in sale approaches and customer satisfaction
- Further development in interpersonal / people skills, communication skills, improvising, multi-tasking, teamwork and contact management.
- Filling out paperwork

### **Cerebral Palsy League**

#### ***Respite Care January 2009 – - October 2013***

- Look after children ranging from 1-18 with Cerebral Palsy.
- In home work with adult carer assistance.
- Work with families bathing, feeding and entertaining children.
- Doing general jobs around house such as cooking and cleaning.
- Trained in back care, hoisting and button feeding.
- Reliability in the workplace shown through three years of part-time employment at Cerebral Palsy League
- Very good communication and listening skills
- Able to develop good professional and supportive relationships with clients and their families.

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- First Aid certificate
- Blue card and Disability Services Positive Notice Card
- Workplace Health and Safety Awareness Certificate
- Medication Administration Course and Certificate
- Midazolam Administration and Epilepsy training
- Manual Handling Training and Certificate
- Communication Courses including Basic Sign Language (one day workshop)

## **Donut King, Albany Creek (April 2006 - November 2012)**

*Junior* – April 2006 – January 2010

*Manager* – January 2010 – November 2012

- Liaising with owners in calculating profits, banking and mentoring junior workers.
- Barista and health and safety skills.
- Customer service and management.
- Reliability in the workplace demonstrated through six years at Donut King.

## **Nutrition Placement**

**City Care Brisbane, Valley July – November 2012**

### **Transformation program**

- Three nutrition education sessions for men in the transformation program recovering from drug and alcohol substance abuse.
- This involved meeting the men in the transformation program and undertaking a needs assessment to establish what the men's interests were.
- Further conducted 3 nutrition education sessions with these men.
- Educated men in maintaining a balanced diet, nutrition information labels and body mass index, to help guide their nutrition management.

## **Other experience**

### **ICT Skills**

- OP subject – Business Communication and Technology 2007 - 2009.
- Proficient in MS Word, Excel, PowerPoint and Access, as well as web design using WIX.

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- Experience in invoicing and accounting spreadsheets.

**Interests** I love music, playing touch football, shopping, socialising with friends, working with teams and spending time with my nieces.

## Reference:

**Name:** Allana Schokman

**Position/Relationship:** Owner of Donut King

**Contact Number:** (07) 3491 7745

**Work Contact:** 0407 128 024

**Name:** Bindi Wythes

**Position/Relationship:** Support at Home Children's Coordinator Brendale

**Contact Number:** (07) 3481 9200

**Work Contact:** 0413 201 125

**Email Address:** bwythes@cplqld.org.au