

# Galyna Pshenychniak

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## SKILLS

- Ability to work in a fast-paced environment
- Ability to work quickly and efficiently under pressure
- Physical endurance, ability to lift to 20 pounds
- Diligence, responsibility, reliability
- Organizational skills, ability to solve problems, friendliness, willingness to work and learn
- Ability to multitask
- Evening and weekend availability
- Ability to stand, walk, gripp constantly
- Highly motivated and team-oriented
- Ability to work in a team

## WORK EXPERIENCE

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### RGE RD Restaurant

Edmonton, AB

#### Dishwasher

April 2023 - Dec 2023

- Washed and sorted dishes, glassware and flatware using the industrial dishwashers
- Sanitized and washed dishes and other items by hand
- Placed dishes and items in storage area
- Cleaned and sanitized workplace and kitchen area
- Cleaned and sanitized dishwasher mats, dish carts and dish racks
- Carried out other management assignments

### HAGIEL BISTRO

#### Kitchen Helper

Warsaw, Poland

March 2019 – Aug 2020

- Wash and sanitaize dishes, pots, pans, trays, clean and sanitize bakery equipment
- Wash, peel and cut vegetables and fruit, portion and wrap foods
- Help to prepare bread and sweet goods
- Receive, unpack, store supplies in refrigerators, freezers, cupboards and other storage areas
- followed the instructions of the baker, cook

## EDUCATION

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### Ivan Franko National University of Lviv

Bachelor of Science in Chemistry

June 1996

Lviv, Ukraine

## VOLUNTEERING

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- Baking cookies, cakes and sweets for charity fairs in Ukraine
- Baking and cooking of dry foods, canned goods, energy bars for the Army Forces of Ukraine
- Raising money for the Army Forces of Ukraine
- Organization of tailoring of clothes for military personnel, production of camouflage nets for the Army Forces of Ukraine
- Making dumplings for charity in the Ukrainian Church of St.Josaphat in Edmonton, AB.