JHOSTIN SEJAS SOLIZ

CONTACT

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EDUCATION

2021- 2025

JACOB HESPELER

- Student
- Athlete

SKILLS

- strength
- Teamwork
- Time Management
- Leadership
- Effective Communication
- Critical Thinking
- Fast learner
- Hard working
- First Aid & CPR/AED

  Level C Certified

LANGUAGES

- English (Fluent)
- Spanish (Fluent)

PROFILE

I am a recent high school graduate and a proud member of the Canadian Army Reserves. My experience in the military has strengthened my discipline, leadership, and ability to work effectively under pressure. Alongside my background as a football player, I have developed strong teamwork, communication, and problem-solving skills. I am dedicated to continuous improvement and committed to applying my work ethic and determination to excel in any role.

WORK EXPERIENCE

Axmith Fine Arts

receptionist and customer service

- Execute marketing strategies and campaigns that align with the company's goals and objectives.
- Greet and assist customers with inquiries, providing clear and accurate information.
- Manage incoming calls, schedule appointments, and handle general tasks.
- Address and resolve customer issues efficiently, ensuring a positive experience.
- Maintain a professional and welcoming environment, contributing to overall customer satisfaction.

Canadian Army Reserves

Reserve Soldier

- Completed Basic Military Qualification (BMQ), gaining training in leadership, discipline, and teamwork.
- Learned and applied essential military skills, including navigation, physical fitness, and weapon handling.
- Worked effectively in high-pressure environments, adapting quickly to new challenges.
- Collaborated with team members to accomplish objectives and maintain unit readiness.

Leung Yue hot pot

Busser / Dishwasher

- clear used dishes, silverware, glasses, and trash from tables after guests finish their meals. I ensure that the tables are ready for new customers.
- After clearing a table, reset it with clean silverware, glasses, and plates, ensuring it's ready for the next set of custumers
- often assist servers by refilling water glasses or beverages when needed, ensuring guests have everything they need.
- delivering food from the kitchen to the dining area
- help seat guests by guiding them to their tables
- Dishwasher Im responsible for washing plates, glasses, utensils, pots, pans, and other kitchen equipment. This was done manually and using the dishwashing machine
- Dry the dishes and place them back in their designated storage areas, such as shelves, cabinets, or racks.

Your Choice Automotive Service -Co-op

- Assisted licensed mechanics with vehicle inspections, maintenance, and repairs
- Performed basic services: oil changes, tire rotations, brake checks
- Used shop tools safely (impact gun, torque wrench, hoist, etc.)
- Diagnosed minor issues and communicated findings clearly
- Maintained clean and organized work area(pressure washing,dusting,etc)

REFERENCE

Amy Axmith

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Leung Yue Hot pot

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