

Lisa Eustache

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EDUCATION

EDNH, Aix-en-Provence – Bachelor en diététique et nutrition du sport

2021 - 2024

Lycée Saint-jean de Garguier, Gémenos – BAC S

2018 - 2021

Collège UBELKA, Auriol – Brevet

2014 - 2018

FORMATION

Collective restauration stage in a restaurant home for elderly persons

February 2022

- > Receipt of deliveries
- > preparation of meals
- > room service
- > cleaning of the room and kitchen

Restaurant “Le cabanon de l’Estaque”, L’Estaque

August - September 2021

- > waitress
- > creation of desserts
- > wine service
- > receipts

Company “Natur House”, La Destrousse

June 2019

observation course

- > followed a dietetician in her appointment
- > customer welcome
- > reception of parcels

COMPETENCES

- I did handball, which taught me how to be part of a team
- I am autonomous
- I did dance and played piano, which taught me rigour and concentration
- I know how to adapt to different situations because i was a waitress
- I know software such as Word, Pages, Open Office, Canva, Wix

LANGUAGES

- French
- English
- German

