

CHAUNTEL FRIES

Optimistic, Out going, Enthusiast, Energetic

Broken Bow, NE 68822

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I have training within the retail work environment, with cash registers, hand held devices, management experience within the retail environment. I also have had extensive training in caregiving, I have excellent customer service skills and training. I do carry my Med-Aide license, CPR/FIRST AIDE, AED. I enjoy working in a customer service based environment.

Authorized to work in the US for any employer



WORK EXPERIENCE

Instructor/caregiver

MNIS - Broken Bow, NE

May 2019 to Present

Provide teaching, opportunities and supports to increase independence as directed by the service planning team. Administer medication as directed. Provide financial assistance as directed. Assist in some day to day life skills, assist in becoming and teaching to become more independent.

- Administered medication, such as behavioral control medications
- Cared for clients with mental disabilities
- Checked clients' blood pressure, temperature.
- Assisted clients with everyday skills, activities, needs, tasks, and and skills of being more independent.
- Med Aide licensed
- Performed light housework duties, such as vacuuming, laundry, sweeping, and mopping

1st Assistant Manager

Casey's General Store - Broken Bow, NE

October 2018 to May 2019

The assistant store manager is responsible for assisting with the day-to-day operations of their store. This includes scheduling, ordering and processing of merchandise, and managing employees. The assistant store manager will spend most of his or her time training employees, assisting customers, and organizing the store. In addition, they are responsible for assigning tasks and duties to employees and making sure those tasks are done on time. If the employees are not performing well, or sales are down for whatever reason, then it is the assistant store manager's job to fix those aforementioned issues. This may be done by motivating and inspiring the employees to work hard to increase store sales; if sales are suffering for other reasons, then it is the assistant store manager's job to look at inventory and make sure that it is up to par. This includes discontinuing slow selling products, organizing product displays, and researching new products that will bring in business. The assistant store manager has many responsibilities that must be done promptly and correctly. These duties include store closing and opening, handling of store cash, creating safety guidelines, and processing documents and reports.

Car detailer

Recon Techs - North Platte, NE

May 2017 to September 2018

Completely detail vehicles. Use of vacuums, air compressed blowers, chemicals, to detail (clean) the interior of a vehicle.

Youth Care Worker

Nebraska youth center - North Platte, NE

March 2017 to June 2017

The role of a youth worker is varied and involves a mix of interpersonal, administrative and advocacy work. Depending on the setting, daily duties may include: Meeting with young people to identify and discuss their problems, providing support, and advice in a one on one or group setting.

Customer Account Representative

Rent A Center - North Platte, NE

October 2016 to March 2017

Assisting in maintaining a quality showroom. Keeping merchandise in excellent rent ready condition. Ensuring timely deliveries. Securing on time payments and collecting on delinquent accounts.

Caregiver/Provider

Spring Ridge Park Assisted Living - Wilsonville, OR

September 2015 to November 2015

Responsibilities

Help clients or residents with the activities of daily living, perform personal care tasks; hygiene, ambulation, eating, dressing, toileting and shaving talk with clients, give them companionship while participating in resident activities, prepare hygienic meals and snacks for clients, provide transfers assistance by moving clients in and out of beds, baths, wheelchairs or cars, change bed linens, clean and iron laundry and assist in keeping room, cabinet, and dresser drawers neat and clean, maintain a specialized approach to responsibilities such as uniform, start times and absenteeism, create and maintain a pleasant work environment, help with sanitation and housekeeping duties of client's room, bathroom, and common areas, perform general household tasks including laundry, shopping, errands and transportation Implement and support resident-care plans

Skills Used

outstanding communication skills, companionship, maintained an appropriate client/caregiver relationship.

Cook/Prep

Applebees - North Platte, NE

December 2014 to July 2015

Responsibilities

Completes all assigned prep work and sets up cooking station. Maintains product presentations, product quality and cook time standards. Prepares all menu items according to Applebees Recipes, Plate Presentations and specifications.

Skills Used

Ability to place plates, utensils, pans and cases on high and low shelves. Reading, writing and verbal communication skills required. Capable of using knives, slicing equipment and other food preparation equipment. Mobility required during the entire shift. Transports cases up to 60 pounds up to 20 times per day. Able to respond in emergency situations to avoid imminent dangers to self and others

Customer Service Mgr

Walmart - Brighton, CO

July 2013 to September 2014

Maintains customer satisfaction by providing problem-solving resources; managing staff. Accomplishes customer service human resource objectives by recruiting, selecting, orienting, training, assigning, scheduling, coaching, counseling, and

disciplining employees; communicating job expectations; planning, monitoring, appraising, and reviewing job contributions; planning and reviewing compensation actions; enforcing policies and procedures. Achieves customer service objectives by contributing customer service information and recommendations to strategic plans and reviews; preparing and completing action plans; implementing production, productivity, quality, and customer-service standards; resolving problems; completing audits; identifying customer service trends; determining system improvements; implementing change.

Cashier/Customer Service, Cashier/ Stocker

Family Dollar - Salt Lake City, UT
March 2013 to July 2013

Receive and disburse money, Use electronic scanners, cash registers, or related equipment. Process credit or debit card transactions and validate checks. Unload truck once a week, prepare stock room for delivery. Stock the store floor, recovery and straighten shelves. Customer service, assist customers with daily questions, and assist them in product selection.

CASHIER/ KITCHEN HELP

Flying J - Salt Lake City, UT
December 2011 to February 2012

Receive and disburse money in establishments other than financial institutions. May use electronic scanners, cash registers, or related equipment. May process credit or debit card transactions and validate checks. Prepare and prep food for hot table. Prepare pizzas for customer purchases. Stock walk-in coolers and freezers

CASHIER

LOVES TRAVEL STOPS - Salt Lake City, UT
November 2011 to February 2012

Receive and disburse money in establishments other than financial institutions. May use electronic scanners, cash registers, or related equipment. May process credit or debit card transactions and validate checks.

CASHIER

Flying J - North Platte, NE
October 2010 to September 2011

Receive and disburse money in establishments other than financial institutions. May use electronic scanners, cash registers, or related equipment. May process credit or debit card transactions and validate checks.

CASHIER

LOVES TRAVEL STOPS - North Platte, NE
November 2010 to July 2011

Receive and disburse money in establishments other than financial institutions. May use electronic scanners, cash registers, or related equipment. May process credit or debit card transactions and validate checks. Clean Truck driver showers, laundry, Stocking, inventory control, Cigarette counts.

HOUSE KEEPER

QUALITY INN AND SUITES - North Platte, NE
July 2010 to August 2010

Keep buildings in clean and orderly condition. Perform heavy cleaning duties, such as cleaning floors, shampooing rugs, washing walls and glass, and removing rubbish. Duties may include tending furnace and boiler, performing routine maintenance activities, notifying management of need for repairs, and cleaning snow or debris from sidewalk. Clean overnight rooms and maintain a good looking quality of the hotel, clean long term rooms, make beds, scrub floors, clean windows and mirrors, vacuum and maintain a neat and orderly look about body, appearance and bodily odors.

Cashier

WALMART - North Platte, NE

May 2010 to June 2010

Receive and disburse money in establishments other than financial institutions. May use electronic scanners, cash registers, or related equipment. May process credit or debit card transactions and validate checks. perform satisfactory customer service.

CASHIER/MANAGEMENT IN TRAINING

MCDONALDS - Loveland, CO

January 2008 to January 2009

Prepare and cook food in a fast food restaurant with a limited menu. Duties of these cooks are limited to preparation of a few basic items and normally involve operating large-volume single-purpose cooking equipment. Perform various amounts of cash, credit, and gift card transactions, prepare food accordingly to customer specification, handel high volumes of cash through out the day. stock and clean, maintain a satisfactory clean area for both customers and employees. Train new employees according to company policies and stipulations.



EDUCATION

None in Science of Criminal Justice

Colorado Technical University-Online - Colorado Springs, CO

January 2009 to August 2016

High school or equivalent in Generals

Aims Community College - Loveland, CO

August 2008 to August 2008

GED in Generals

Weld Central Sr. High - Keenesburg, CO

2005 to 2008



SKILLS

- **Retail Management (3 years)**
- **Inventory control (4 years)**
- **Shrink Prevention (4 years)**
- **Restaurant Management (1 year)**
- **Cashier (7 years)**
- **Caregiving (8 years)**
- **Auto Detailer**
- **Delivery (3 years)**
- **Basic Math**
- **Sales Experience**
- **Cash Handling**
- **Customer Service (10+ years)**
- **Care Giver (2 years)**

- **Direct Care (2 years)**
- **Personal Care**



CERTIFICATIONS AND LICENSES

CPR & First Aid

June 2019 to June 2021

Adult-child-infant CPR/AED and standard first aid certified. Certificate number: GY4SHH

Defensive drivers course

March 2017 to Present

Med Aide

July 2019 to July 2021

State Of Nebraska Public Health License, Medication Aide, License Number: 94941 with Active status.



ADDITIONAL INFORMATION

Ability Summary

Experienced in receiving and disbursing money in establishments, including the use of electronic scanners, cash registers, and related equipment. Create an enjoyable customer experience, deal with MSDS and related materials, maintain a healthy, clean, friendly, and enjoyable work environment. Specializes in elderly and special needs patients. Certified in first aid. Certified in CPR. Certified by the State of Nebraska as a MedAide. Excellent cook that can adapt to any diet. Dedicated to giving the best possible care. Exceptional communication skills, verbal and written. Patient and caring person who is a reliable caregiver.

Desired Occupation : Any

Desired Salary : \$12.00 -\$16.00 hourly

Desired Job Location : North Platte, NE

Desired Job Type : Days: Mon, Tue, Wed, Thur, Fri, Sat, Sun

Drivers License : Regular Drivers License (Class O)

Employment Type: Regular

Full or Part Time: (30 Hours or More)

Willing to Travel:Yes