

# Sophie Taubel

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## Work Experience

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### **Quench worker**

At Quench, I worked to teach customers about proper nutrition. Also, I would make nutritious protein shakes, metabolism boosting teas, and aloe for customers.

May 2018 to Present

Quench has grown my love and knowledge of nutrition. I have grown my communication skills, which has helped me in other aspects of life as well. At Quench, we strive to keep up a positive attitude. Through this, I have seen life in a new, fresh light. I have found a passion for helping others, and I look forward to sharing that gift more.

## Education

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### **High school or equivalent**

St Mary catholic high school

## Skills

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- Musical artist
- Communication Skills
- Time Management
- Customer Service
- Organizational Skills
- Leadership
- Microsoft Outlook
- Computer Operation
- Computer Skills
- English
- Medical Terminology
- Vital Signs
- English
- Vital Signs
- Medical Terminology
- Meal Preparation

## Additional Information

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I am a outgoing, bubbly, respectful, responsible, hard-working, and loyal worker. I have a passion for helping others, and I would love to expand my passion here as a CNA.