

CHRISTIAN IBEGBULEM

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OBJECTIVE: Motivated health sciences student seeking a career opportunity that allows me to utilize and expand my healthcare knowledge, leadership experience, and strong work ethic while continuing my education toward a career in nursing and anesthesiology.

SKILLS & QUALIFICATIONS:

- **Clinical Procedures:** Knowledge of food safety, sanitation procedures, and contamination prevention practices that support safe environments similar to clinical hygiene and infection control standards.
 - **Medical Administrative Skills:** Experience organizing kitchen operations, coordinating staff duties, maintaining supply inventory, and ensuring compliance with workplace standards.
 - **Software:** Familiar with restaurant digital ordering/management systems, and computerized inventory systems.
 - **Healthcare Law & Ethics:** Strong understanding of workplace safety policies, sanitation regulations, and ethical responsibility in maintaining safe environments for customers and staff.
 - **Computer Applications:** Experience using POS systems, scheduling systems, and basic computer applications for communication, record keeping, and operational tasks.
 - **Interpersonal Communication:** Excellent teamwork and communication skills developed through coordinating with chefs, servers, and kitchen staff to meet customer needs and maintain efficient operations.
 - **Basic/Technical Skills:** Meal preparation, food presentation, inventory management, equipment operation, food safety compliance, and staff training.
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EDUCATION & CERTIFICATIONS:

A.S. in Health Sciences | **Honors GPA 3.7** | CUNY **Bronx Community College**, Bronx, NY

Expected 12/2026

RELEVANT COURSEWORK:

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|------------------------|-----------------------------|-----------------------------|
| ▪ Anatomy & Physiology | ▪ Fundamental Communication | ▪ General Chemistry |
| ▪ Medical Terminology | ▪ CPR Basics | ▪ Critical Issues in Health |
| ▪ Sociology | ▪ English, Mathematics | ▪ Intro to Psychology |
| ▪ Pharmacology | ▪ U.S Health Care System | ▪ Introl Spanish |
| ▪ Stress Management | | ▪ Modern WorldHistory |
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PROFESSIONAL EXPERIENCE:

General Chef | **Lucciola Italian Restaurant**, City, State

06/2025 – 12/2025

- Coordinated kitchen workflow, organized food preparation schedules, and maintained inventory levels to ensure smooth daily operations.
- Used restaurant management and ordering systems to track food orders and maintain accurate kitchen communication.
- Utilized digital systems for order tracking, menu coordination, and communication with front of house staff.
- Collaborated with chefs, servers, and kitchen staff to ensure customer orders were prepared accurately and delivered on time.
- Followed strict food safety and sanitation regulations to maintain a safe dining environment and prevent contamination.
- Prepared high-quality meals, managed cooking stations, and ensured proper food handling and presentation standards.

Kitchen Manager | **Veselka Restaurant**, New York, NY

02/2024 – 12/2025

- Managed kitchen staff schedules, oversaw food preparation processes, and ensured operational efficiency during peak hours.
- Used restaurant management software and POS systems to monitor orders, inventory, and kitchen workflow.
- Maintained records, monitored supply levels, and communicated operational updates using computer-based systems.
- Led and trained kitchen staff while maintaining clear communication with servers and management to ensure customer satisfaction.
- Ensured compliance with food safety regulations and sanitation standards to maintain a safe workplace environment.
- Supervised food preparation, maintained equipment, and ensured quality control in meal production.

Junior Sous Chef | **Grey Wind Restaurant**, New York, NY

02/2023 – 01/2024

- Assisted the head chef with kitchen organization, inventory monitoring, and coordination of food preparation tasks.
- Worked with kitchen management and order processing systems to monitor daily service operations.
- Used digital order management systems to track orders and coordinate food preparation timing.
- Collaborated with kitchen teams to ensure smooth service operations and consistent food quality.
- Maintained sanitation standards and ensured safe food handling procedures throughout the kitchen.
- Prepared ingredients, plated dishes according to restaurant standards, and monitored cooking processes to maintain quality.

General Chef | **Bokki Soul Restaurant**, Brooklyn, NY

03/2023 – 12/2023

- Organized kitchen stations, maintained supply levels, and ensured efficient workflow during busy service periods.
- Utilized digital ordering and POS systems to manage incoming orders and kitchen communication.
- Used restaurant management tools to track orders, monitor inventory, and maintain operational efficiency.
- Worked closely with kitchen staff and servers to meet customer dietary requests and deliver high quality meals.
- Followed strict sanitation protocols and maintained clean workspaces to prevent contamination.
- Demonstrated strong cooking techniques, knife skills, food preparation, and presentation abilities.