



# Marie-Félix La Rochelle

3rd Year Nutrition University Student

+1-514-466-4555



marie-felixlarochelle@hotmail.com



Québec, Canada



## Work Experience

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**Nutrition sales consultant** (ongoing)  
2024

### Team nutrition

Plan, organize and manage nutritionists schedules. Answer calls and emails, introduce nutrition services to clients, collect reasons for consultation, personal information and ensure the sending of confirmation emails, answers to questions, etc. Discuss nutritional topics at discussion roundtables.

**Sales associate**  
2023

### Frank and Oak (clothing store)

Greeting customers, assisting with product selection. Stocking shelves according to merchandising techniques, labeling products. Storing merchandise in the stockroom, receiving orders, preparing shipment. Managing the cash register, applying promotions, creating customer accounts.

**Waitress**  
2020 – 2022  
Sept 2022-2023  
Summer 2023

### Italian restaurant (Steforno La Fabrique)

#### Sushi Taxi

#### Pasta restaurant (Manoir du Spaghetti)

Taking orders, serving meals, managing the cash register and preparing drinks. Clear and clean tables after customers have left. Ensure that service runs smoothly. Clean premises after service. Work as part of a team with other waiters to ensure an optimal customer experience.

**Cook (pizzaiola)**  
2020 – 2022

### Italian restaurant (Steforno La Fabrique)

Preparation of ingredients (peeling, chopping, washing) and recipes, working with others to cook entrees, pizzas, prepare drinks. Cleaning the workstation, equipment and premises.

**Coach**  
2015 – 2017

### Arabesque Artistic Gymnastics Club

Organization and animation of gymnastics classes for children. Planning of trainings, workshops and courses. Collaborating with other instructors to ensure a diverse and comprehensive offering.

## Education

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**Bachelor's degree, Nutrition** (ongoing)  
2022 – 2025

### Laval University, Quebec

Courses in clinical nutrition, public health, dietetics and nutritional biochemistry. Analysis of nutritional requirements and the impact of dietary habits on public health. Skills in the use of software for nutritional data management and dietary counseling.

**College diploma, Natural sciences**  
2020 – 2022

### Montreal

Courses in biology, chemistry, physics and mathematics, with a rigorous approach to scientific research. Developed skills in quantitative analysis, complex problem solving and laboratory experimentation.

## Internships – involvements

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**Clinical nutrition intern** University Institute of Cardiology and Pneumology, Quebec  
Summer 2024

**Student consultant in sports nutrition** Laval University sports teams  
Fall to winter 2024

## **Special skills**

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Bilingual : french, english

### **Computer skills :**

Word, Excel, PowerPoint, Nutrific, Canva, Maitre D

### **Other trainings :**

Cardiopulmonary resuscitation course, Heart and Stroke Foundation, 2013 and 2019

Online course on nutrition labelling, Health Canada, 2022

Dietitians of Canada Population and Public Health Needs Assessment and Priority Setting online training, 2023

Attestation in food hygiene and safety, MAPAQ, 2024

### **Activities and social commitments :**

Member of CEGEP cross-country team, 2020–2022

Member of Laval University Running Club, 2024

Marathon runner (Quebec 2024)

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