

Bronté Lauzé

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WORK EXPERIENCE

Founder & Online Fitness Coach, Build with Bronté

(Jan 2025 - Present)

- Founded a sole proprietorship brand through strategic content, messaging, and community engagement to empower individuals through strength training and nutrition
- Coached professional athletes to success at the Arnold Sports Festival

Guest Experience & Floor Manager (Earls Salty's Beach House)

(May 2024-Aug 2026)

- Managed guest experiences and service flow at a \$6M+ annual revenue restaurant
- Handled In-Store marketing coordination via social media, menu design, and coordination with product photographers
- Led and trained a staff of 50+ to deliver consistent, on-brand experiences in a high-volume environment, while supporting events, promotions, and curating guest experience
- Served as key contact for guest relations, real-time problem solving, and team coordination

Server/Bartender (Earls Salty's Beach House)

(Apr 2024 - Aug 2026)

- Served 8+ table sections while maintaining a high level of service and creating meaningful guest experiences
- Created and served high-quality craft cocktails, wine, & beer in a fast-paced environment

Server Assistant (Earls Kitchen + Bar Southcentre)

(Sept 2023 - Apr 2024)

- Hired and trained by Earls Corporate to open a new flagship location
- Developed excellent product knowledge, customer service skills, and was recognized for leadership potential, contributing to promotion at Earls Salty's Beach House

Host Seasonal (Neighbourhood Brewing)

(Apr 2023-Sept 2023)

- Supported front-of-house operations in a fast-paced, high-volume environment
- Coordinated food service as the Expo and ensured accuracy and timely delivery
- Provided attentive guest service while hosting and bussing tables
- Maintained cleanliness and organization to support overall service efficiency

Gym Receptionist (The Gym Eternal) (Feb 2022-Apr 2023)

- Provided welcoming, inclusive customer service to ensure a safe and positive environment for all members while managing front desk operations, including check-ins, cash handling, and end-of-day cash outs
- Held key holder responsibilities, supported opening/closing procedures and daily operations

Barista & Cashier (Wayne and Freda) (Jun 2021-Feb 2022)

- Delivered high-quality customer service in a fast-paced café environment
- Prepared specialty coffee beverages with consistency and efficiency
- Handled cash transactions and POS operations accurately
- Demonstrated strong product knowledge and maintained clean, organized workspaces

Lead Host/Host (Earls Salty's Beach House) (Mar 2019 - Jun 2021)

- Lead a team of 4+hosts, managed waitlists of 200+ heads, and managed reservations.

EDUCATION

Bachelor of Communication & Digital Journalism Sep 2024 - Present

Thompson Rivers University

- Major in Public Relations
- Minor in Marketing

Certified Personal Trainer & Certified Nutritionist 2023-2025

International Sports Sciences Association (ISSA)

ADDITIONAL INFORMATION

- **Software Skills:** Canva, Adobe Illustrator(Basic), Adobe Photoshop (Basic), Hootsuite Certified, OpenTable
- **Skills:** Outgoing, Strong Communicator, Ambitious, Leadership
- **Languages:** English, French
- **Awards:** TRU Faculty of Arts Dean's List Recipient (Fall 2024/Fall 2025)
- David Kampe Legacy Vocational Award Recipient (2023)
- Greyback Construction Opportunity Bursary Recipient (2023)
- IPL 2022 U75kg (17-19) World Champion
- Food Safe Certified
- Serving It Right