

# Orion Ryll

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## Objective

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Currently seeking a full-time job opportunity where I can develop my skills and experience further while growing alongside an intentional company.

## Education

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2017-09–2021-12      *Bachelor of Arts Degree in Psychology and History*  
*MacEwan University*

2013-09–2016-06      *High School Diploma*  
*Blessed Oscar Romero High School*

## Certifications

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2022-02      *Trauma Informed Care Certificate*  
*Alberta Health Services*

2022-01      *CPR & First Aid & AED – Adult/Child/Infant – Level C*  
*New Life CPR*

2022-01      *ProServe Liquor Staff*  
*SMART Responsible Drinking*

2021-05      *Registered Yoga Teacher*  
*Yoga Alliance*

## Trainings

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2022-03      *Harm Reduction for the Homelessness Sector*  
*Homelessness Learning Hub*

2022-03      *2SLGBTQIA+ Toolkit to Support Youth Experiencing Homelessness*  
*Homelessness Learning Hub*

2022-03      *Indigenous Cultural Awareness Training- Cultural Self-Reflection*  
*Eco Canada*

2022-01      *Naloxone Training*  
*St. Paul's Foundation*

2020-05      *200 Hour Yoga Teacher Training*  
*Yoga & Ayurveda Centre*

## Work Experience

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2020-02–2021-12

***Server & Shift Leader***

*JOEY South Common*

- Developed key leadership skills in this role when training new employees on the floor.
- Learned to give constructive feedback to individuals in a productive and empathetic way.

2020-08–2021-01

***Barista***

*Little Brick Café & General Store*

- Assisted customers with finding food and drink options that they would enjoy, as well as suggesting new products for them to try based on their personal taste.
- Responsible for opening and closing the cafe and ensuring all cleaning duties and procedures were completed.

2015-02–2020-02

***Server & Host***

*Mr. Mikes Steakhouse*

- Ensured guests were having an excellent experience at all times, and made lasting positive impressions on regular guests.
- Maintained an optimistic attitude under pressure and learned to multitask and prioritize efficiently.

## Volunteer Experience

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2021-09–2021-12

***Teaching Assistant (TA)***

*MacEwan University*

2020-05–2022-01

***Yoga Teacher (For Youth)***

*Pride Centre of Edmonton*

2018-09–2021-12

***Peer Support Volunteer***

*MacEwan University: Students Association*

2018-09–2021-12

***Vice President & Secretary***

*Feminists at MacEwan Club*

2018-05–2020-02

***Recreation Volunteer***

*CapitalCare Lynnwood*

## Skills

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- Expert at problem solving quickly and efficiently
- Proficient ability to work extremely well in a team-oriented environment as well as individually
- Excellent at communicating clearly and effectively
- Adept at exemplifying leadership skills in a productive way
- Exceedingly capable of multitasking resourcefully and prioritizing tasks appropriately

- Skilled at receiving critical feedback and applying it in a constructive way

## **References**

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*Available upon request.*

## **Availability**

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*Open.*