

NIDHI SHARMA

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CAREER OBJECTIVE

Interested in Nutritionist position that will allow me to offer others the benefit from my expertise & knowledge, so as to expand my work experience in the field of Nutrition.

EXPERIENCE

- **Marriott International** *July 2018 - September 2019*
Corporate sales
- Customer Service: mails & calls
- Operations
- Process oriented
- **Allied Oxide & Derivatives** *July 2017 - July 2018*
Sales executive
- Responsible for building up a business by identifying new business prospects and selling product to them.
- Expert at maintaining relationships with current clients and build and maintain relationships with new clients.

EDUCATION

- **Symbiosis**
PGDBA

2021
- **JIMS**
Diet & Nutrition

2021
- **JMS**
Hotel Management

2018
- **Jims**
Tourism

2018

TECHNICAL SKILLS

- Ability to think outside of the box, Practical knowledge, Time management skills, Leadership, Holistic understanding, interpersonal and communication skills
- Human diet, Balance diet, Energy, Relationship between food nutrition, health & disease, Nutrition in life cycle: 1) Pregnancy 2) Lactation 3) Infancy 4) Childhood 5) Adolescence 6) Adulthood 7) Elderly 8) CVD 9) Hypertension 10) Diabetes Mellitus 11) Gastro Intestinal Disorder 12) Liver Disorder 13) Febrile Disorder 14) Bone Disorder 15) Anemia 16) Renal Disorder 17) Endocrine Disorder 18) Pediatric Disorder 19) Pancreatic & Gall bladder Disorder 20) Pulmonary Disorder 21) Healthy Skin 22) Healthy Hair 23) HIV & AIDS 24) Cancer 25) Drug & Nutrient Interaction 26) Weight Management
- Meal Planning, Counselling
- Nutrition labeling, label reading
- MS Office. Word, Excel, Powerpoint, Outlook.
- Spreadsheets. Excel, Google Sheets, OpenOffice, comparative analyses, pivot tables, macros, link to database, vertical lookups, xlookups.
- Social Media. Facebook, Twitter, LinkedIn, Instagram, posts, giveaways, customer interaction. Phone skills. Voicemail, forwarding, hold, recording. Productivity.

CERTIFICATION

- **Project Management**

Process of leading the work of a team to achieve all project goals within the given constraints. This information is usually described in project documentation, created at the beginning of the development process. The primary constraints are scope, time, budget

- **Change Management**

Collective term for all approaches to prepare, support, and help individuals, teams, and organizations in making organizational change.

- **Leadership skills and Team building**

The constant strive to enhance the relationships between employees and help them collaborate in the most effective way possible. And team leaders play a key role in this. Essentially, leaders are responsible for taking individual employees and bringing them together as a cohesive team.

- **Risk management**

Assessing and controlling threats to an organization's capital and earnings. These threats, or risks, could stem from a wide variety of sources, including financial uncertainty, legal liabilities, strategic management errors, accidents and natural disasters.

INTERESTS

- Leading
- Singing
- Fitness
- Motivating

ACTIVITIES

- My hobby: Badminton

PERSONAL STRENGTHS

Communicating: Communication Skills

Flexibility and Adaptability

Learning agility: Quick learner

Tolerance: Stress tolerance

Critical thinking: Decision making skills

Creating Ideas: Creativity

Positive Attitude: Creating a positive work environment

PERSONAL PROFILE

- Date of Birth : 23/09/1997
- Marital Status : Single
- Nationality : Indian
- Known Languages : Hindi, English, French