



FRISCIAN PARAISO

FOOD AND BEVERAGE SUPERVISOR

Experience Food and Beverage Supervisor for more than 12 years. Seeking to obtain a supervisory position in a reputable company and to have an opportunity to integrate and apply my restaurant management and human-centric skills.

EDUCATION

BACHELOR OF SCIENCE IN HOTEL AND RESTAURANT MANAGEMENT

Laguna State Polytechnic College | 2005

SKILLS

- F&B Table Etiquette
- Bartending
- Effective Written and Verbal Communication
- Detail-oriented
- Reliable and can work under pressure
- Multitasking and Efficient
- Microsoft Word, Excel, PowerPoint

CONTACT

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5 Molave St. Phase 7B Gatchalian Subd. Las Pinas City

REFERENCE

• Gladys Mae Martinez

Operations Manager | Scotts Philippines Inc.
+63 9457988062

• Nina Rachel Noveno

Guest Experience Manager | Sofitel Philippine Plaza Manila
+63 927 469 8887

• Esteban Pena Sy

President/Owner | Philippine Plaza Holdings, Inc. and Sofitel Philippine Plaza
+63 917 505 8574

WORK EXPERIENCE

FOOD AND BEVERAGE SUPERVISOR 2012 - 2024

CLUB MILLESIME, SOFITEL PHILIPPINE PLAZA MANILA

- Oversee daily operations of the F&B Club Millesime department to meet quality and efficiency standards
- Handle inventory control, including ordering supplies, and conducting regular stock takes.
- Manage staff schedules, coaching employees, motivating the team and continuing to drive sales.
- Handle customer complaints and feedback with professionalism and tact, taking immediate action to resolve any issues and improve the dining experience.

RESTAURANT OFFICER IN CHARGE 2011 - 2012

LE BAR, SOFITEL PHILIPPINE PLAZA MANILA

- Oversee F&B operations, managing employees, handling customer complaints and ensuring safety regulations are met.

BUTLER 2007 - 2011

CLUB MILLESIME, SOFITEL PHILIPPINE PLAZA MANILA

- Serving and catering to the needs of the guests throughout their dining experience.

SERVICE ATTENDANT 2006 - 2007

SPIRAL, SOFITEL PHILIPPINE PLAZA MANILA

- Greet guests, take orders, serve food and drinks
- Maintain clean and well-stocked dining areas

RECEPTIONIST AND LOBBY ATTENDANT 2005 - 2006

CAFE PLAZA, SOFITEL PHILIPPINE PLAZA MANILA

- Welcome guests and directing them to the front desk
- Greeting guests with a pleasant manner
- Answering guest questions and inquiries about the hotel