

DIMITRI GYSEL

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Summary

Focused and trustworthy, I am always going to finish any job I start and will always make sure it is done accurately and efficiently. Managing my time and work space is something I pride myself on, in any work environment, and same goes for anybody that I am training or giving tasks to.

Skills

- Materials preparation
- Knowledge of Power Tools
- Personal and written communication
- Extremely organized
- Strong verbal communication
- Client assessment and analysis
- Understanding of human behavior
- Strong knowledge of body mechanics
- Active listening
- Physical strength
- Troubleshooting
- New employee training
- Word Document

Experience

- Driver/Technician** Apr 2019 to Current
Sleep Number Home Delivery – Denver, CO
- Helped scan, sort, and load all 18 ft. box trucks at dock before dispatching on designated route
 - Contacted each customer, Confirmed all products are in assigned box truck for each day, and completed DVIR forms before departing dock
 - Removing and Unloading each stop with a helper before assembling and demonstrating new products to customers in their homes
 - Troubleshoot and Problem solve technical issues on existing products
 - Use various smartphone applications in order to properly load, install/troubleshoot, and complete each job daily
- Window And Door Installer (contractor)** Sep 2018 to Feb 2019
Renewal By Andersen – Denver, CO
- Worked as a contracting apprentice, helping installing windows and doors.
 - I would help load, transport, and unload all equipment.
 - Staged for a safe work environment: lay down protective rugs, set out equipment, etc.
 - Dismantle old and installed new doors/windows in various ways
 - Cleaned up and hauled trash to dump after job was completed.
- Lineman** Oct 2016 to Sep 2018
Kamtel – Denver, CO
- Drove to multiple locations everyday to obtain access to backyards to hang lines from alleyways and/or easements.
 - Installed and maintained overhead and underground Fiber Optic cable lines.
 - Added or removed wire to shorten or lengthen lines, using various types of connectors and clamps.
 - Responded to emergencies and outages that required additional labor and assistance for repairs.
 - Observed company rules and regulations in consideration of the safety of other workers and the public.
- Licensed Massage Therapist** Mar 2013 to Mar 2015
Self-Employed – Denver, CO
- Collected detailed client information to create individualized plans to relieve pain, improve circulation, rehabilitate injuries and increase relaxation.
 - Gave clients individualized suggestions for stretching, strengthening, postural and relaxation techniques to improve their days.

- Worked with various clients per week performing variety of therapeutic massages, including pregnancy, sports, deep tissue, Swedish and more.
- Cleaned and sanitized massage rooms after use and prepared for next client.
- Assisted with basic bookkeeping needs such as filing and maintaining clients' records.

Education and Training

GED Laramie County Community College – Cheyenne, WY	2009
Massage Therapy Denver School For Massage Therapy – Aurora, CO	2012

Certifications

Certified Massage Therapist - M.B.L.E.X. (Massage & Bodywork Licensing Examination)