

# TAIS FROGGATT

Birth Date: 03 April 1981  
Nationality: British/ Australian (Dual Passport Holder)  
Languages: English (fluent)  
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## QUALIFICATIONS

2016	Food Writing Certificate	AWC
2015	Vinyassa / Yin & Restorative Yoga Instructor	200 RYT Dristi Yoga, Greece Santorini
2012	Photography	Photography college
2008	Advanced Cookery Course Diploma	Ashburton Cookery School, Devon, UK
2007	First Aid	Newport
2007	Professional course on Royal Thai cuisine	Blue Elephant, Phuket
2005	Open Water Divers Certificate	PADI, Sydney
2000	Diploma of Interior Design/ Decorating	Whitehouse School, Sydney

## EXPERIENCE

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June 2014 – ongoing **Wellness & Lifestyle Instructor**

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### Duties

- Pilates
  - Meditation & restorative
  - Restorative. Flow. Pilates
  - Pilates
  - Corporate yoga
  - Mums & bubs Yoga
  - Vinyasa
  - Corporate yoga
  - Vinyasa
- Yoga Bar. Bondi  
Mark Moran Vaucluse  
ABC Studio, Woolloomooloo  
North Sydney  
Bupa Wellness  
Elizabeth Bay Yoga  
Yoga in the Park - Rushcutters Bay  
Sydney CBD  
Yoga in the park – Newtown

### Achievements

- Praised for incredible patience and adapting every class to suit the group or individual
- Passionate and loves everything yoga
- Punctual; arrives early and creates safe environment every time
- Clear language to describe proper alignment.
- Knowledge on history of yoga, technique, offer variations

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August 2014 – 2015 **Supervisor** – Simone Logue

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### Duties

- Representation for the company and first point of contacts with clients feedback, ability to see the bigger picture and think quick on my feet.
- Adapted quickly to a diverse range of events from leading fashion shows to VIP cocktail parties, private dinners, product launches, major events, exclusive weddings and much more.
- Daily Interaction with clients throughout the planning process with as little or as much as they require, including suggesting menus, venue sourcing, styling ideas and recommending suitable event contractors.
- Multitasker who is never afraid to put a chefs jacket on when necessary, personally make the canapés at functions or whatever role needs done.
- Food prep & assisting Michelin star chefs for next day orders when needed.
- Supervise function from start to finish
- Production Stylist
- Social media food photographer

### Achievements

- Praised for problem solving and being a excellent on-sight catering manager & food stylist
- Highly organised positive approach who adapts to busy environments with ease
- Comfortable entertaining top clients and building on those relationships.
- Bright bubbly personality who displays enthusiasm, reliable, & energetic individual

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August 2007 – July 2014      **Vitality Chef / nutritionist**      - **Volvo Ocean Race**– 9 locations around the world

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**Duties**

- Daily preparation of nutritional meals for 30 crew including the sailing team and the shore team
- Provisioning from local sources in remote and culturally different places such as India and China
- Recreational coordinator. Assuring gym attendance and activities was organized for when on ashore.

**Achievements**

- Ensured sailors recovered weight and strength within 10 days of being onshore at the end of each leg
  - Satisfied a wide range of culinary demands from the multinational crew
  - Praised by the shore team manager for the high quality of menu options despite a limited budget
  - Acknowledged by the team owner for outstanding ability to provision and prepare quality meals without external support that other teams had.
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August 2005 – March 2007

**Editorial Stylist**

- **Sydney, Australia**

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**Duties**

- Freelance Stylist for monthly editorial within Australian's Women's Weekly & Home Beautiful
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Dec 1998 – July 2005

**Space Furniture – Interior Designer/Showroom Stylist** - **Sydney, Australia**

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**Duties**

- Meet and greet clients, retail, building long lasting relationships
- Answering phones, taking inquiries, dealing with orders and couriers
- Creating beautiful space, easy to understand floor plans & showroom always looked very inviting.

**Achievements**

- Praised by boss for excellent phone and communication with difficult customers
- Strong Knowledge of designers, finishes and Italian manufacturers or suppliers

**HOBBIES**

Ashtanga  
Interior design  
Paddle boarding

Architecture  
Food & Wedding photographer  
Ocean swimming

**REFERENCES:** on request