



# JANKE PENTZ

## Junior Stewardess

I am adaptable, very well organised and disciplined. I'm diligent in executing instructions and work effectively unsupervised. I take great pride in my work and possess a level of maturity that keeps me grounded and focused. I offer a professional approach to everything I do, whilst bringing a positive and fun-loving attitude to my working environment.

I am passionate about creating memorable experiences for people. I am service orientated and have a very helpful nature. I have a thirst for knowledge and love to learn. I respond well to constructive criticism and this helps me deal with problems.

I am seeking any opportunity to gain experience and have a successful, rewarding career.

## Personal Information

### Mobile:

+27 84 922 2571

### Email:

janke.greentogoldstew@gmail.com

### Instagram:

Stewardess | @janke.green2goldstew  
Personal | @jankepentz

### Current Location:

Cape Town, South Africa

### Passport Expiry:

South African passport  
Expiry: 28 June 2026

### Visas:

B1B2

### Nationality:

South African

### Date of Birth:

01 June 1999

### Health:

Excellent health and fitness  
True non-smoker  
No tattoos  
Fully Vaccinated - Pfizer

### Languages:

Afrikaans  
English

### Driving License:

Issued: South Africa  
Valid: 29/11/2017 - 28/11/2022

## Land Based Experience

### Co Owner

#### StyleMe, Cape Town | May 2018 - current

- Dress rental studio
- A platform in which the client can hire an outfit for a special occasion – Instagram handle: @styleme.studio
- Sourcing and purchasing dresses, liaising with clients, assistance during fitting sessions, providing styling tips and ideas, alterations on dresses, setting up styled shoots, organizing models, locations and props for shoot days and social media marketing.

### Doctors Receptionist - Part time

#### Panorama Medi-Clinic, Cape Town | July 2019 - current

- Welcoming patients, medical personnel visitors, answering the telephone and managing inquiries.
- Processing billing and payments.
- Keeping a clean and calm reception area.
- Comforting distressed patients – this may range from simply fixing any appointment issues that may arise, through to being the voice of comfort during times of extreme stress and emergency.
- Maintenance of equipment (sterilisation/cleaning).

### Sales Manager

#### Rayvolt, Stellenbosch | January 2021 – August 2021

- Marketing and selling of high end electric bicycles.
- Engaging with local and international tourists on a daily basis.
- Preparing barista style coffees for clientele.
- Preparing various styles of cocktails for clientele.
- Daily cleaning and organization of the store to maintain the high visual standards of our store.

## Qualifications / Certification

### Yachting Certification:

STCW:

Fire Fighting & Prevention expiry:

- 19 April 2027

Personal Survival Techniques expiry:

- 23 April 2027

PDSD

Food and Hygiene Level II

ENG1 - Expiry: 28 April 2024

Green to Gold Stewardess Course



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### Land Based Experience

#### Aupair/Tutor/Personal Assistant

**The Remey Group, Stellenbosch | August 2021 – December 2022**

- Transporting three children to and from school and extramural activities. Kids' ages: 11, 13 and 17.
- Assisting kids with homework and exams.
- Incorporating new and exciting games to keep the kids entertained throughout the school holidays.
- Scheduling appointments.
- Personal shopper and errand runner.
- Preparing healthy and balanced meals for the family.

#### Head Netball Coach

**Netball Coaching, Cape Town | May 2019 – April 2022**

- Teaching relevant skills, tactics and techniques.
- Monitoring and enhancing players' performance through tuition, encouragement and constructive feedback.
- Building teamwork and camaraderie within the team.

#### Secondary Certifications:

- Matric (Grade 12) Senior Certification

#### Secondary Qualifications:

- 3 year Class Representative  
- 3 year Netball Captain  
- First team netball  
- 2 year Head Cheerleader  
- Initiation Captain  
- 3 year National Netball Team  
- 2 year Regional Netball Team  
- 2 year National Athletic participation

#### Tertiary Certification:

February 2018 – November 2020  
Baccalaureus in Drama and Theatre Studies at Stellenbosch University

#### Tertiary Qualifications:

- National Acapella winners  
- Seniors Committee leader at University Residence  
- University Residence Netball Captain

### Hobbies

Exercise – half marathons, gym workouts, indoor and outdoor netball coaching.

Any form of outdoor activity including: stand up paddle boarding, hiking, waterskiing and snorkeling

### Additional Skills

Sewing, Excel and Microsoft Word, barista and cocktail skills, waitressing and event management.

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## References

**StyleMe** | Zahnré Pentz | +27 82 901 6948 | [zahnre@mweb.co.za](mailto:zahnre@mweb.co.za)

**Panorama Medi-Clinic** | Dr. Adriaan Pentz | +27 83 235 8782 | [avzpentz@mweb.co.za](mailto:avzpentz@mweb.co.za)

**Rayvolt South Africa** | Wilhelm Boshoff | +27 87 012 5352 | [info@rayvoltbike.co.za](mailto:info@rayvoltbike.co.za)

**The Remey Group** | Laetitia Meyer | +27 82 770 6877 | [laetitia@remey.co.za](mailto:laetitia@remey.co.za)

**Western Cape Netball Academy (WPNA)** | Lazelle Oelofse | +27 82 054 2000 | [info@wpna.co.za](mailto:info@wpna.co.za)

THANK YOU SO MUCH FOR REVIEWING MY CV.  
LOOKING FORWARD TO HEARING FROM YOU!

*Janke Pentz*