

Laura-Maria Stagnet



OBJECTIVE

I am intrigued by the opportunity to bring my talent, experience, and commitment to an industry that's new to me. I want to expand my life's experience by seeing the world from a different perspective - that of living on sea. I love to be of service to people and have various work experiences in the service industry as a hostess, bartender and yoga teacher. I once finished a masters degree in Business but realised I prefer hands-on work. I bring mindfulness to everything I do. I am confident that I will be a valuable asset to any vessel. My upbringing in Germany make me a reliable and hard worker :)

RELEVANT QUALIFICATIONS

STCW	07/2022	SEAFARER MEDICAL (SAMSA)	07/2022
RYA PB LEVEL II	06/2022	FOOD SAFETY & HYGIENE	09/2022
RYA PWC (JETSKI)	07/2022	PADI OPEN WATER DIVER	11/2010
RYA VHF RADIO	07/2022	SSI ADVANCED DIVER	11/2016

YOGA PRACTICE since 01/2014 YOGA TEACHER RYT200 since 10/2019

- 14 / 09 / 1990
- German nationality
- Drivers License
- +49 152 54867962
- hello@laurastagnet.com

LANGUAGES

German - fluent
English - fluent
Portuguese - basic
Spanish - basic
Indonesian - basic

(WORK) EXPERIENCES ON/ NEAR SEA



Stewardess on THINK BIGGER 37m MY Palma, ES (10/2022)
- daywork, getting boat ready for guests, top to bottom interior deep clean, detailing cabins, heads, saloons + tea pantry

Stew/ Cook on CASCADE I 24m MY Ibiza, ES (09/2022)
- owners trip, cooking for and serving guests, cleaning the interior, helping with deck duties

Yoga & Surf Retreat Carrapateira, PT (2019)
- organisation and hosting of a yoga & surf retreat incl. cooking

Diving Certification Bali, ID | Mana, FJ (2016 | 2011)
- gaining my PADI open water and SSI advanced open water diver

Sailing Trip Whitsunday Islands, AUS (2011)
- 4 day sailing adventure

SOFT SKILLS

- Discipline & Responsibility
- Planning & Organisation
- Communication
- Eye for detail
- Sense of humour



FORMAL EDUCATION

MASTER O.A. BUSINESS ADMINISTRATION (2015-2019)
UNIVERSITY OF APPLIED SCIENCES LEIPZIG, GER

BACHELOR O.A. BUSINESS ADMINISTRATION (2011-2015)
UNIVERSITY OF APPLIED SCIENCES JENA, GER

WORK EXPERIENCES ON LAND

YOGA & COACHING



Yogasurfgirl Yoga (2019–now)

- teaching yoga & meditation online and in yoga studios
- organisation and hosting of retreats including cooking
- leading group coaching workshops

ONLINE MARKETING



LMS Freelancer (2019–2021)

- creating content for websites, online shops
- designing of basic graphics, CI, Logos, social media

GVI NGO, Cape Town, ZA (2017–2018)

- promotion of volunteering programmes to Germany
- SEO, website editing, translation of content into German

HOSPITALITY: HOSTESS, SERVICE & BAR



Red Bull Festival BarCrew, GER (2017–2019)

Audi Car Presentation Event, Valencia ES (2018)

VW Car Presentation Event, Hanover GER (2017)

Thyssen Krupp IAA, Frankfurt GER (2017)

Daimler Annual General Meeting, Berlin GER (2017)

Experience as a hostess on international events:

- general service duties (serving food, drinks, etc.)
- guest management: welcoming and hosting guests on arrival, and throughout event
- planning, organisation with other team members to ensure the event and/ or bar is running smoothly

INTERESTS

I am a very active woman and my interests these days are focusing mainly around living a healthy and active lifestyle. I enjoy yoga, hiking, surfing, (scuba) diving and also like reading a book and meditating. I love people and being around them, I am a very social person and a great communicator.

I have been living a more or less nomadic lifestyle for the past years and enjoy adventures and different cultures. Everything that brings me out of my comfort zone and helps me grow is what I am after.

My love for healthy food is real and I enjoy cooking - mainly after ayurvedic principles which is mostly vegetarian.



REFERENCES



allesyoga: Verena Strauß

Role: Teacher/ Studio Owner

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Monika Jejkal

Role: Yoga Student

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Role: Online Marketing Customer

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