

LEXIE NICHOLS

she/her

VIRTUAL ASSISTANT



ABOUT ME

Hello! My name is Lexie Nichols.

I am currently finishing up my fourth year at Acadia University – Bachelor of Science in Nutrition. I am looking forward to continuing my education in either dietetics and/or another desired master's program.

I was born in the beautiful Annapolis Valley and grew up playing competitive basketball and soccer. I had the pleasure of playing on the Acadia varsity soccer team, which allowed me to gain a sense of leadership and a deeper passion for fitness and overall health and wellness.

In my spare time, I am constantly cooking and enjoying my favorite local foods while photographing them and posting them on my food account.

While playing on the varsity soccer team I also had the great opportunity of running the Instagram account - edits & updates (so fun)!

My favorite saying is... "Life is all about balance".

Overall, I am excited to learn, grow and gain the experience I need to succeed within the many components of health and wellness!

CONTACT ME!

📞 1-902-698-2267

✉️ lexnics@gmail.com

WORK EXPERIENCE

10/2021

Naturopath Job shadow
Optimal Wellbeing clinic

- Observed and sat in on doctor to patient assessments, gaining insight into patient's health concerns
- Attentiveness, strong communication and interpersonal skills, patience, compassion, and optimism

2020-present

Bar Staff & Server
Ken-Wo Golf Club - New Minas, NS

- Served, bartended, and worked as beverage cart server
- Elite customer service skills, excellent verbal communication skills, active listening, multitasking, and good memory

EXTRA-CURRICULAR ACTIVITIES

Canadas Atlantic Foodservice Partners (CAFP)

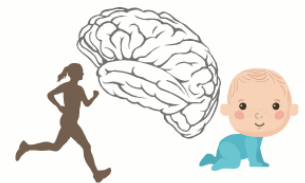
- Social Chair Executive (2021-2022)

Acadia Women's Varsity Soccer Team (2018-2021)

Acadia S.M.I.L.E program (2019-2020)

INTERESTS

- Mental and gut health
- Paediatrics
- Women's hormones/digestive issues
- Sports nutrition



AVAILABILITY

- 5-10 hours/week (Flexible)
- Weekdays, Weekends, & Evenings

