



## **DENISE FOLSOM – Corporate Flight Attendant**

Phone 727.366.2685 • Fax 727.499.6957

[SkyProDenise@aol.com](mailto:SkyProDenise@aol.com)

Tampa, FL

### **OBJECTIVE**

Exceptionally qualified flight attendant with proficiency in culinary service procedures, safety, exemplary planning and organization as well as extensive international travel seeks corporate flight attendant position.

### **QUALIFICATIONS AND CERTIFICATIONS**

#### **Beyond and Above Corporate Flight Attendant Training, June 2007**

- Certified FAR Parts 91, 125, 135, JAR Ops 1, CARs
- Aeroservice Aviation Center Emergency Training and Crew Resource Management Training
- American Red Cross Certified: CPR, First Aid, AED, and BBP
- Certified Combative Self-Defense Training and Security
- Certified Corporate Specific Catering and In-flight Culinary Service Training

### **PREVIOUS PROFESSIONAL AIRLINE QUALIFICATIONS & CERTIFICATIONS EXPERIENCE**

#### **American Airlines Inc.: International Flight Attendant, New York & Miami (1991-2005)**

- FAR Part 121-Flag
- ***2001 Professional Flight Attendant Award*** – Coveted award earned by less than 1% of Flight Attendants.
- Boeings: 727, 737, 757, 767, 777; Airbus 300; McDonald Douglas Super 80
- CPR, First Aid, AED, BBP, HAZMAT, Fire Safety and Firefighting Control
- World Defense Systems, Inc. – Anti-Terrorist Combative & Self-Defense Skills
- Emergency Evacuation, Ditching, Accidents & Incidents, Crew Resource Management Training
- International Flagship Service Training – Culinary Presentation, Wine & Food Pairing
- Special Assignment: Flight Service Manager Internship

### **PROFESSIONAL BUSINESS EXPERIENCE**

#### **Fitology Pro LLC: President/Owner (2005-present)**

- Certified Nutraceutical Consultant & Lifestyle Fitness Coach

#### **Liberty Mutual Insurance: Senior Account Representative (2005 – 2007)**

- Business to Business Corporation Insurance Sales
- State of FL General Lines Agent - Property and Casualty Insurance License (2-20)

#### **Abbott Laboratories, Inc.: Pharmaceutical Sales Specialist (2004-2005)**

- Responsible for targeting top physician specialists: Endocrinologists, Cardiologists, Primary Care
- Ranked # 1 in Nation for Synthroid product: 97.7% market share preservation
- Ranked # 1 in Region for Meridia product: 91.1% market share expansion
- Ranked # 3 in Region for TriCor product: 105.5% market share conversion of new formulation
- Performed Cardiovascular Open-Heart Surgery Preceptorship with world-renowned Drs. Vicari & Green

#### **Club Fitness, Inc.: Certified Personal Fitness Trainer & Marketing Director (2003-2004)**

- IFPA Certifications: Personal Fitness Trainer, Sports Nutrition Specialist, Lifestyle Fitness Coach
- Developed personalized resistance-training and weight-management programs
- Qualified in advanced physiology anatomy, kinesiology, exercise science, and sports nutrition

## **EDUCATION**

- **TROY STATE UNIVERSITY-EUROPE** (Germany): Graduate-level studies in International Relations
  - **VALDOSTA STATE UNIVERSITY**- Valdosta, GA: **Bachelor of Arts**-Political Science/  
International Relations  
Overall GPA: 3.2; Major GPA: 3.8  
Multiple Academic Scholarships, Cross-Country Scholarship/Team Captain; Dean's List, Student Government Association Senator; Chi Omega Charter Founder and Panhellenic Officer; National Model UN Representative-NYC; Volunteer for Special Olympics.
  - **Gold Coast School of Real Estate** - Miami, FL: Florida Licensed REALTOR
  - **Alliance de Francaise**: Miami, FL – French Languages studies
  - **Spanish-American Language School**: Quito, Ecuador – Basic Spanish
  - **Trier Universitat**: Trier Germany – Deutsch language studies (spoken)
- Additional Education, Activities and Awards Under Separate Cover**