

**LAURA NICHOLS-SAMMS**  
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**1-340-643-2534**

**SKILLS**

- Budget Management
- Project Management
- Staff Training & Development
- Event Planning
- Private Culinary Arts Instructor
- Proficient in using & teaching various types of Computer Software
- Superb Communications Skills
- Private Chef
- Sales and Marketing

**EXPERIENCE**

October 1997 to Present - *Passion Fruit Chefs Services, Inc. – St. Thomas & St. John, USVI*  
Co-Owner & Co-Executive Chef - *Formulated a comprehensive Business Plan, hired and trained entire staff, promote services using various forms of social media, hands on interactions with all clients, negotiate with all vendors and developed and maintain monthly and annually budget for entire company with two locations. We provide cooking classes in person and vis Zoom, catering services for high-end clients, private yachts and specialize in weddings and special events on the islands of St. John and St. Thomas.*

2002 – 2005 - *Viva Vacation Rentals – Marketing villas to potential guests – greeting guests – providing concierge services – working with villa owners, etc.*

200 – 2002 - *Caribbean Villas Management – Marketing villas to potential guests – greeting guests – providing concierge services – working with villa owners, etc.*

1999 – 2001 - *Westin Resort – Owners Coordinator for Timeshares – Working with Timeshare Owners and all resort departments at resort to ensure guests have an enjoyable stay*

October 1997 – July 1999 – *Gift Hill School – Teacher – Taught Pre-School, 1<sup>st</sup> Grade and Spanish for grades 1-6*

1996 – 1998 - *Africa Direct – After studies in Accra Ghana, I started a successful business marketing African clothing, jewelry and art using contacts I made during my travels*

September 1995 to October 1997 – *The Old Ebbit Grill – Washington, DC*  
*Head Waitress duties such as training new staff and assisting guests in a fine dining establishment.*

June 1993 to September 1995 – *The Rio Grande Café – Bethesda, MD & Ballston, VA*  
*Front of the House and Kitchen Manager in a popular restaurant, recruiting and training staff, ensuring all guests have an enjoyable dining experience, utilizing supervisor controls on a POS computer system and providing conflict resolution and disciplining staff.*

July 1985 to June 1993 – *Military Sealift Command – Washington Navy Yard – Washington, DC*  
*Computer Specialist – Worked with Department of the Navy computer systems to assist war-time analysts in creating operational war plans using various scenarios.*

1980 to 1985 – *Occupational Health & Preventative Medicine Office – Washington Navy Yard, Washington, DC - Secretary and Personal Assistant to the Leading Occupational Health Officer for the Washington Metropolitan Area*

1977 to 1980 – *Military Sealift Command – 4228 Wisconsin Ave NW – Washington DC (relocated to the Navy Yard) – Full-time & Part-time employment - Clerk Typist beginning my last year in High School & While attending Collage at University of the District of Columbia, Washington, DC for 2 Years*

1966 – 1978 - From age 5 years to 17 years worked in my family's restaurant/diner in Washington, DC – Duties included washing dishes, cooking, waitress, cashier, inventory, wholesale purchasing, developing and marketing my own line of cookies, bookkeeping, etc.

#### **EDUCATION AND TRAINING**

- Theodore Roosevelt High School – Washington, DC – Graduated 1979
- University of the District of Columbia – Washington, DC – Majoring in Psychology – 1979-1981
- Howard University – Washington, DC – Small Business Program – 1995 (3 Months)
- Study Abroad Program at the University of Accra, Ghana – Summer of 1996
- University of Maryland – College Park, MD – Bachelor of Arts Degree in Business & Management 1995 – Graduated 1997

#### **VOLUNTEERISM, ACTIVITIES AND HONORS**

- Safety Zone (For Domestic Violence) – St. John, VI – Chairperson – 1998 – 1999
- St. John Community Foundation – Recorded Minutes for Monthly Meetings – 1999 – 2000
- After-School Tutoring Program – Sprauve School – Assisted 5<sup>th</sup>-8<sup>th</sup> Grade Students in English, History & Computer Science - 1998 - 1999
- Teen Outreach After-School Program at Sprauve School – Teacher and Project Manager – St. John, VI - Sponsored by the Beacon School 1999 – 2001
- Habitat for Humanity – New Orleans, LA - Volunteered after Hurricane Katrina - 2011
- Passion Fruit Chefs Services, Inc. Senior Citizens Outreach Program – 2016 to Present
- Prepare Daily Meals at St. John Shelter after Hurricanes Irma & Maria - 2017
- Raised Money for St. John Cancer Fund – 2023 - Ongoing