



PAULO SOUSA ROCHA

GENERAL HELPER/MANUAL LABOR

CONTACT

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📍 Palmas, TO, Brasil



EDUCATION

2009 - 2010
SENAC JABAQUARA - SP

- Occupational safety technician.

2016
NEXT GENERATION ENTREPRENEURS

- SEBRAE

SKILLS

- General services
- Cooking
- Bakery
- Driver of small cars and trucks
- Teamwork
- Organized
- Time management
- Good communication
- Easy to learn

LANGUAGES

- English (basic)
- Spanish (Intermediate)

PROFILE

I am a dedicated and versatile professional with experience in a variety of activities, including heavy construction and harvesting work in orchards. My physical strength and willingness to work allow me to perform demanding tasks efficiently, while my communication skills, both in Spanish and basic English, facilitate teamwork and the ability to meet different demands. I am always seeking to learn and improve my skills, which makes me a committed and adaptable employee. I believe that my experience and determination can add value to the company, contributing to a productive and harmonious environment.

WORK EXPERIENCE

- **BMTE- Belo Monte Transmissora de Energia** 2017- 2024
General Services
 - Main activities
 - Clean and organize rooms and common areas
 - Manual labor
 - Cleaning and organization
 - Transporting materials weighing up to 25 kg
 - Keeping equipment in working order
 - Managing stocks of materials and equipment
 - Training new employees