



**I ARTIST MANAGEMENT**  
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# THANDO

# MANYONI

**HEIGHT:** 1,45m  
**EYES:** Brown  
**HAIR:** Brown

**LANGUAGES:**  
 English, Zulu, Sotho

**ACCENTS:**  
 South African

**SKILLS:**  
 Netball, Athletics, Chef

**TRAINING:**  
 Advanced Culinary Arts Programme - Endorsed by QCTO  
 City and Guilds, Level 2 Diploma in Food Preparation  
 and Cooking (Culinary Arts)  
 City and Guilds, Level 2 Diploma in Food



## CELEBRITY CHEF

### Account Manager/ Food Stylist

#### Cardova Trading | Tokai, Cape Town

#### November 2021 - Present

Managing brand campaigns on the Expresso Morning Show, this includes curating the live segments and writing the recipes for the brands. Accounts managed thus far; McCain and Sea Harvest, Nulaid, B-Well, African Gold, Nuts About Cooking, Tastic Rice, Golden Cloud and Beacon

Developing recipes and food styling recap videos  
 Weekly appearances on the Expresso Morning Show as a resident Chef

### Television Chef

#### Clover Classic Celebrations Show | Around South Africa

#### March 2022 - June 2022

Official Chef for the Clover Classic Celebrations Show aired on SABC 1 Developing recipes every episodes celebration and compiling the shopping list  
 Preparing the food behind the scenes, as well as presenting the recipes on camera



## **Assistant Chef**

### **Veggelicious Cookbook | Parktown, Johannesburg**

**April 2021 - May 2021**

Cooking and preparing the recipes for photoshoot.  
Assisting the food stylist with any needed to achieve the food shot

## **Product Developer (Intern)**

### **Woolworths Head Office | Cape Town**

**Feb 2020- Aug 2020**

Worked in their Culinary Centre team, creating and developing recipes and products to be sold in stores.  
Worked mainly in their meal kit development in creating recipes that customers could recreate at home

## **Demo Chef**

### **Le Creuset | Johannesburg**

**Apr 2019- Jan 2020**

Responsibilities included promoting the products while using them and cooking meals for customers live so that customers can see how versatile their products are. Promoting their product as well as the recipes.

## **Chef (Intern)**

### **The Four Season Hotel, The Westcliff | Johannesburg**

**Dec 2018 - May 2019**

Worked in their hot kitchens, cold kitchen and pastry kitchens. Covering outcomes such as sauces, meats, salads and various pastry items and techniques

## **Promoter**

### **Nola Mayonnaise | Johannesburg**

**Oct 2018 - Nov 2018**

Travelled to various locations promoting their product and showcasing innovative ways to use their product

## **Brand Ambassador**

### **Nespresso | Johannesburg**

**Apr 2016 - Oct 2018**

Promoted their machines and coffees in various homeware stores, showing customers how the machines worked while giving customers samples of the coffee.