



SOLENE THOMAS

DIGITAL CONTENT CREATOR & TEAM LEADER

Trilingual digital entrepreneur (FR / EN / ES), passionate about communication, content creation and team development.
As a self-employed creative, I combine commercial, creative and managerial skills to support brands in their growth, identity, and digital impact.

CONTACT



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| 2 rue Léonard de Vinci,
Carentoir 56910, France

SKILLS

- Multilingual communication (FR / EN / ES)
- Organization & adaptability
- Team recruitment & training
- Interpersonal communication
- Sales negotiation
- Customer relations & client advising
- Public speaking & presentation

SOFT SKILLS

- Creativity
- Adaptability
- Resilience
- Team spirit
- Professional curiosity

PROFESSIONAL EXPERIENCE

Content Creator & Community Manager - Freelance

2024 – present / France & international (remote)

- UGC creation for hospitality, wellness, and beauty brands
- Management of Instagram and TikTok accounts (content strategy, design, engagement)
- Portfolio creation tailored to each client's branding
- Creative video production: scripting, editing, storytelling

Team Leader & Brand Ambassador – Farmasi

2024 – present / France & Europe

- Product sales via social marketing and live demonstrations
- Hosting live sessions, tutorials, and online product launches
- Recruiting and training a team of 10+ partners
- Tracking performance and building team motivation strategies

Automotive Broker – En Voiture Simone

January – March 2025 / France

- Personalized assistance in car selection and purchase
- Price negotiation and management of administrative procedures
- Full client follow-up from research to delivery

PREVIOUS EXPERIENCE

Patient Support Agent – Nomadesk



2024 – 2025 / Remote (USA Clinics)

- Bilingual support (ES/EN) for North American healthcare patients
 - Appointment scheduling, admin coordination, and patient guidance
- Inclusive communication and multicultural environment

DIGITAL SKILLS

- Multilingual content translation (FR/EN/ES)
- Visual creation (Canva templates)
- UGC production (video, scripts, voice-over)
- Community management & content strategy
- Video editing (CapCut, Canva)
- Portfolio & website design

PORTFOLIO

-  Portfolio UGC
-  Portfolio Hotel

TOOLS

- Canva / Capcut
- Meta Business Suite
- Microsoft Office
- Google Drive
- WhatsApp Business

LANGUES

- French – Native
- English – C1 (Advanced)
- Spanish – C1 (Advanced)

Sales & Retail – Zara, Northboys, La Durée

2019– 2024 | Toronto, Canada

- Customer service, loyalty building, cash handling, and merchandising
- New employee onboarding and sales performance tracking

Customer Service – Airbnb / Mos Mos Café

2018– 2020 | Canada & Ireland

- Multilingual customer support, dispute resolution
- Inventory management and supplier relations

Content Creation & Design – Zepol / Kotor

2021 - 2023 | Mexico City, MX

- Product visuals and promotional content for social media
- Enhancing product appeal through design and visual strategy

Image Consulting & Events – Freelance

2016 - 2018 | France

- Style and posture coaching for individuals and professionals
- Organization of image workshops and branding events

EDUCATION

Marketing (2021 - 2022)

Universidad del valle de Mexico
Mexico City

Morphopsychology (2020)

ERFP Training Center
Nantes, France

Business English (2018-2019)

ILAC International College
Toronto, Canada

Image Consulting (2016-2018)

Jaëlys Institute
Aix en Provence, France

Vocational Baccalaureate in sales (2013-2016)

Notre-Dame
Rezé, France