



Amy Cyrex Sins

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Dynamic, accomplished, and results-driven businesswoman who maintains a strong customer focus and a record of success in a broad range of industries. Experience in hospitality, entrepreneurship, culinary arts and technical/pharmaceutical sales. Over 22 years of experience with sales and marketing strategies focusing on increasing sales and minimizing expenses. Innovative and imaginative problem-solver. Inventive and energetic team leader with a strong aptitude in sales, sales and marketing management, plan implementation, new product launch and development, indirect sales channel management. Excels in contract negotiation, lengthy sales processes, referral development, market research, and eating boudin.

Education

Loyola University New Orleans
BA: Public Relations/Communications
Concentration: Marketing ; Minor: French

Honors & Awards

Louisiana Restaurant Neighbor Award for Outstanding Community Service
Restaurant Association Educational Foundation, National Top 20 (2017)
Women's Boudin Eating Champion, Cochon de Lait Festival (2017)
Southerners of the Year, Southern Living Magazine (2016)
Gambit Magazine 40 Under 40 (2015)
Best Chefs of Louisiana: American Culinary Federation (2014)
Travel and Leisure Best Cooking Schools Around the World
Travel Channel 10 Best Cooking Classes Around the World
State of Louisiana Community Service Award—2016 Flood Recovery Effort

Current Community Service / Volunteer

Louisiana Flood & Disaster Outreach—New Orleans Cooks / Director
Loyola University Food Studies Program / Advisor Panel
Second Harvest Foodbank / Culinary Mentorship & Training Advisory Panel
Junior Achievement Rising Stars Committee
Loyola University Alumni Board / Past President & Member (2006-2016)

Media/Public Appearances

In-Person
New Orleans by Mouth / WRBH (Host)
New Orleans Wine & Food Experience/Louisiana Seafood
Board Master of Ceremonies (2017)
Louisiana Seafood Board Louisiana Seafood Cookoff Competition (2016)

Television

Posh Pescatarian / Z Living Network (2017)	New Orleans Living / WLAE TV
Chef Jeff Live (2016)	WGNO TV
Out in Gay Cities (2016)	WWL TV
Meet the People / Visit Jamaica (2016)	BRAVO TV
Motorhead Traveler / MAV TV	Fox
Beat the Chefs / Game Show Network	CNN

Print

USA Today, Wall Street Journal, Southern Living, Travel Channel, Epicurious, Huffington Post, Frommers, Country Living Magazine, The Guardian, Toronto Sun, Gambit, Chicago Sun-Times, The Advocate, NOLA.com, Storied Dishes by Linda Berzok

Radio

National Public Radio (NPR), WRBH 88.3 FM, Catholic Foodie / 690AM

Speaker Topics

Resiliency • Leadership • Entrepreneurship • Women in Business • Sales Coaching • Adventure Travel • Louisiana History, Culture and Foodways

Career

Langlois Culinary Crossroads (2012-present)
Chef/Owner, Sales, Marketing, Management

New Orleans Jazz Quarters (2011-present)
Managing Partner/Owner

New Orleans by Mouth / WRBH 88.3FM (2011- present)
Host

Cyrex Consulting, LLC /Ambris Books, LLC (2005-present)
Author / Publishing Coordinator
Ruby Slippers Cookbook: Life, Culture, Family and Food After Katrina (2006)
Langlois Cookbook (TBD)
Capsule endoscopy by case study (American College of Gastroenterology)

AstraZeneca Pharmaceuticals (2001-2013)
Executive Pharmaceutical Sales Specialist / Central Nervous System Specialty Care
Awards: Circle of Excellence (2006 and 2007), Top 10 Sales U.S. / Central Nervous System, Top 3% Sales Representative U.S.

NewSouth Communications (1999-2001)
Dealer Account Manager/Senior Data Sales Executive

Verio, Inc. and acquisition from Communique, Inc. (1996-1999)
Sales Associate and Marketing Manager