

Christopher Spear

Indianapolis, IN 46239
cspear9110@gmail.com
+1 317 709 7921

Professional Summary

A multi-skilled, hardworking and efficient individual seeking a position within a company which offers genuine room for progression and where I can make a significant contribution. Able to follow standard operating procedures and work in a methodical and tidy manner. My previous success in both working with the public in sales and service, and also behind the scenes in a warehouse/production/mechanical atmosphere, makes me uniquely qualified to excel in a variety of work environments.

Willing to relocate to: Indianapolis, IN
Authorized to work in the US for any employer

Work Experience

Insulation Installer

Marvel Insulation-Fishers, IN
May 2025 to August 2025

- Measured and cut insulation materials to fit specific spaces, utilizing precision tools and equipment
- Collaborated with construction teams to determine insulation needs based on building plans and specifications
- Operated machinery such as blowers or sprayers to distribute loose-fill or spray foam insulation
- Applied vapor barriers and sealants to prevent moisture buildup and ensure optimal insulation performance
- Maintained a clean work area by removing debris, excess materials, and packaging after completing installations
- Adhered to safety protocols at all times, including the use of personal protective equipment (PPE)
- Assisted in the removal of old or damaged insulation before installing new materials
- Ensured compliance with local building codes and regulations during installation processes

Maintenance Technician

Independant Contractor-Indianapolis, IN
November 2024 to May 2025

- Performed routine maintenance and repairs on electrical, mechanical, and plumbing systems
- Responded promptly to maintenance requests from tenants or management, resolving issues in a timely manner
- Collaborated with contractors and vendors for specialized repairs or installations
- Maintained accurate records of all maintenance activities, including work orders and completed tasks

Personal Trainer/Group Fitness Instructor

Independent-Indianapolis, IN
January 2023 to November 2024

I meet with 4-6 clients 3 times per week for group workouts at the gym and at their homes. We do HIIT, EMOM, weight training and stretching. I work with each client at their own level as well as educate them on their nutrition and narrowing down their individual goals.

Personal Trainer

LA Fitness-Indianapolis, IN

July 2021 to December 2022

I work with 5-10 clients per day. I plan and execute specific, individual routines in order to meet the demands and goals for each client. I explain and perform each exercise with my clients until I feel they have a deep understanding of the function and importance of it. Clients and I keep in communication to discuss progress, nutrition questions and concerns, as well as satisfaction in the program and any adjustments we need to make. I maintain a positive and professional relationship with each client. I'm grateful to share knowledge and help people reach their fitness goals.

Server

Taxman brewing-Indianapolis, IN

July 2020 to September 2020

- Welcomed diners as they arrived
- Took food and drink orders
- Served meals
- Checked on diners frequently
- Handled 15-30 tables daily
- Cleared tables
- Managed cash, check, credit orders
- Maintained a clean work area

Server

White Lodging-Indianapolis, IN

July 2018 to March 2020

- Serving breakfast, lunch and dinner, this restaurant provides upscale comfort food in a trendy, upbeat atmosphere within the Indianapolis Marriott Downtown.
- Providing a welcoming experience for guests of the hotel and surrounding convention spaces and some locals as well.
- Following all steps of service to insure our guests have a unique and satisfying experience and representing not only the White lodging brand but Indianapolis as a whole.
- Keeping a clean space throughout the front and back of house throughout my shift as well as setting up the next shift for success.

Banquet Server

MARRIOTT DOWNTOWN & J.W. MARRIOTT-Indianapolis, IN

November 2017 to July 2018

- Detailed set-up of tables and chairs for immaculate displays when guests enter the banquet space.
- Introduce myself to guests and explain the menu and inquire about any allergies or diet restrictions.
- Serve guests their meals, refill glasses and clear their dishes from the table.
- Fold napkins and polish dishes for later functions while not serving.
- Clear all dishes, center pieces, table cloths, and other various table items after guests have left.
- Whenever possible, I assist and talk to guests throughout the hotel, addressing their concerns or just making an effort to make them feel welcome.

Banquet Server

The Columbia Club-Indianapolis, IN

July 2016 to November 2017

Detailed set-up of tables and chairs for immaculate displays when guests enter the banquet space.

- Introduce myself to guests and explain the menu and inquire about any allergies or diet restrictions.
- Serve guests their meals, refill glasses and clear their dishes from the table.
- Fold napkins and polish dishes for later functions while not serving.
- Clear all dishes, center pieces, table cloths, and other various table items after guests have left.
- Whenever possible, I assist and talk to guests throughout the hotel, addressing their concerns or just making an effort to make them feel welcome.

Banquet Server

THE HILTON HOTEL & SUITES

July 2016 to May 2017

- Detailed set-up of tables and chairs for immaculate displays when guests enter the banquet space.
- Introduce myself to guests and explain the menu and inquire about any allergies or diet restrictions.
- Serve guests their meals, refill glasses and clear their dishes from the table.
- Fold napkins and polish dishes for later functions while not serving.
- Clear all dishes, center pieces, table cloths, and other various table items after guests have left.
- Whenever possible, I assist and talk to guests throughout the hotel, addressing their concerns or just making an effort to make them feel welcome.

Banquet Server

J.W. MARRIOTT HOTEL-Indianapolis, IN

June 2015 to June 2016

- Detailed set-up of tables and chairs for immaculate displays when guests enter the banquet space.
- Introduce myself to guests and explain the menu and inquire about any allergies or diet restrictions.
- Serve guests their meals, refill glasses and clear their dishes from the table.
- Fold napkins and polish dishes for later functions while not serving.
- Clear all dishes, center pieces, table cloths, and other various table items after guests have left.
- Whenever possible, I assist and talk to guests throughout the hotel, addressing their concerns or just making an effort to make them feel welcome.

Banquet Server

J.W. MARRIOTT HOTEL-Indianapolis, IN

March 2013 to May 2014

- Set up of banquet space for various breakfasts, lunches and dinners.
- Served guests their meals and refilled glasses in a timely manner.
- While not serving, I swept and mopped the floors, emptied trash bins and vacuumed.
- Whenever possible I assisted guests throughout the hotel and engaged them in conversation.
- It was my duty as a representative of the hotel to help make their experience as pleasant and memorable as possible.

Sandwich Artist

SUBWAY-Fishers, IN

October 2012 to March 2013

- Made sandwiches, pizzas, and salads for customers.
- Stocked chips, cups, lids, and straws.
- Swept and mopped floors, wiped down counter and table tops.
- Unloaded trucks and recorded inventory.
- Calculated deposit and counted inventory at closing.

Warehouse Associate

HD SUPPLY MAINTENANCE SOLUTIONS-Beech Grove, IN
June 2012 to August 2012

Temporary summer position within the warehouse, distribution and fabrication facilities of this large national Maintenance Supply chain.

. Primary duties included operating machinery in the fabrications department. Used machinery to cut blinds to customer specifications, then packaged and labeled the product for shipping.

. Also worked in the warehouse and distribution center, picking products for customer orders, and packing these orders for shipping.

Customer Service Representative

AMERCO REAL ESTATE COMPANY-Indianapolis, IN
March 2011 to April 2012

Assist clientele in the retail U-Haul store, as well as telephone inquiries, with a broad range of customer sales and services.

. Responsible for sales and service for the truck and trailer rental business as well as the 400 unit self-storage facility, and also the portable on- demand storage business.

. Duties also included retail in-store sales for items ranging from propane tanks, moving and storage accessories and retail items, up to sales of box trucks, open and closed trailers, auto-transporters and tow-dollies.

. Especially successful with up-selling in the retail lines and commission- based vehicle sales.

. Position required propane and forklift certifications, as well as knowledge of safety procedures and technical knowledge of the various equipment installation, operation, and maintenance.

. Collection of monthly rentals for self storage and portable on-demand storage units. Balancing out daily cash receipts and bank deposits.

Operated various computer operating systems, specific to the U-Haul moving and storage business, as well as GPS and logistic systems used for calculating mileage and pricing.

Insulation Installer

Education

General Studies (Associate Degree)

Ivy Tech Community College-Indianapolis, IN
2011 to 2013

Diploma

Warren Central High School-Indianapolis, IN
2010

High school diploma or GED

Skills

- Manual handling
- Staple guns
- Maintenance, repair and operations (MRO)
- Batt insulation installation
- Group Fitness
- Manufacturing facility
- Insulation material cutting
- Bartending
- Outdoor work
- Personal Training
- Microsoft Word
- Installing insulation - Insulation installation experience (1-2 years)
- Climbing
- Microsoft Office
- Insulation installation seam sealing
- Caulking guns
- Ceiling insulation installation
- Local building codes
- Electrical systems
- Commercial construction
- Construction fiberglass insulation installation
- Wall insulation installation
- Operating Systems
- Serving Experience
- Order Picking
- Respiratory protection
- Heavy lifting
- Assembly
- Firestopping insulation installation
- Warehouse Distribution Experience
- Busser
- Banquet Experience
- Restaurant Experience
- Blown-in insulation installation
- Tape measure proficiency
- Attic insulation installation

- Catering
- Insulation knives
- Upselling
- Hand tools
- Frame carpentry
- Electrical experience
- Driving
- Carpentry
- Box Truck
- Yoga
- Construction painting

Languages

- English

Certifications and Licenses

Driver's License

First Aid Certification

CPR/AED

Certified with the ISSA

ISSA Certified Personal Trainer

Certified with the International Sports Sciences Association