



Paula Selzler
General Manager
Sodexo at Essentia Health
Fargo, North Dakota

Meet Paula

What is your name?

Paula Selzler

Where do you currently work and what is your position?

General Manager with Sodexo at Essentia Health

What are some of your daily tasks at work?

Overseeing the entire Nutrition Services Department including retail and patient feeding. I am responsible for menuing, staffing, safety, purchasing, and marketing

What do you love most/enjoy most about your job?

I love that I stay very busy throughout the whole day. It really keeps me engaged.

Where else have you worked and what were your positions?

I have worked for Sodexo my entire career. I started as a Catering Manager for 2 years in 1999 at MSUM, then was the Retail Manager there for another 2 years. In 2004, the General Manager opportunity became available at Noridian (BCBSND), and I spent 12 years building the service there. When I was ready for a new challenge, I moved to Essentia, and have been here for a little over a year.

When did you graduate from NDSU & what degree(s) did you graduate with (especially for those who graduated before the program was Hospitality and Tourism Management)?

May, 1999 with a Major in Hotel/Motel/Restaurant Management with a Minor in Nutrition and Business

What was your most rewarding class taken at NDSU through our program? Why did it make an impact?

Sanitation. Each week, Edna Holm gave a cumulative quiz covering the material. I hated it then, but I use the ServSafe principles every single day and have no problem remembering what I need to know.

What was your favorite part about attending NDSU and our program?

The people in the program were like a second family. I also really felt connected with Dr. Mort, and felt he really was passionate about the industry and his students. I still see him sometimes at the grocery store, and he remembers stories about my time at NDSU.

Any advice for current students who want to succeed in our industry (especially those in your segment of the industry)?

Make sure you are passionate about the service industry, because it isn't always glamorous. Also, get as much experience as you possibly can. It will help you be successful in all future positions.

If a student or fellow alumni would like to connect with you, what is your preferred method?

Email: selzlerp@yahoo.com