

Victoria Landa Reyes, Recognized By Influential Women, Connects Culinary Experience With A Growing Public Health Vision

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EINPresswire.com/ -- Embracing
Opportunity, Perseverance, and the
Power of Women Who Lead by
Example

Downey, California – For Victoria Landa Reyes, success is rooted in perseverance, opportunity, and the powerful examples set by the women who have shaped her life. A student at California State University, Dominguez Hills, Victoria is pursuing her studies in public health and health sciences while building upon a professional background in culinary arts and restaurant leadership. Based in Downey, California, she is developing a path that brings together food, education, wellness, and community engagement.



Victoria's journey reflects a willingness to step beyond what is familiar and embrace opportunities that challenge her to learn and grow. Her academic experience is giving her a foundation in public health and health sciences, while her professional experience as a Shift Lead at Rubio's Restaurant Group continues to strengthen her leadership, communication, and operational skills.

In her role at Rubio's Restaurant Group, Victoria helps coordinate team members, maintain service and quality standards, and support the smooth operation of a fast-paced restaurant environment. She also helps uphold customer service expectations and operational and safety

procedures. Her experience in the food service industry provides a practical perspective that complements her growing interest in public health.

That combination of culinary experience and health-focused education has become an important part of Victoria's professional direction. Rather than leaving her previous experience behind, she is finding ways to connect it with her future goals and explore how food, education, and community engagement can contribute to healthier communities.

Inspired By Three Remarkable Women

When Victoria considers what has contributed most to her success, she immediately points to the women in her life. Her mother and her two grandmothers have been the cornerstones of her life and a strong foundation that has helped and guided her.

Victoria's mother was a single mother who continuously worked hard to provide for her daughter. Although she did not attend college and did not complete high school, she earned her GED and continued working hard to give Victoria everything she needed. She even put Victoria through private school and made sure she had opportunities to learn and develop.

One of Victoria's early experiences came when her mother enrolled her in acting classes while she was in middle school. At the time, Victoria did not particularly enjoy the experience. Looking back, however, she is grateful for it because she believes those classes were the beginning of learning how to put herself out there. That experience helped introduce her to a willingness to step beyond her comfort zone, something that continues to influence her career today.

Her grandmothers have provided equally powerful examples. One grandmother cared for the family until her final day, demonstrating dedication and strength. Her other grandmother continues to work, even at her age. As a single woman who raised her children, continues to work, and travels every year, she represents independence and determination to Victoria.

Victoria sees all three women as proof that circumstances do not have to determine a person's future. They showed her that someone can come from Mexico without speaking the language, arrive without formal education, and still achieve anything they want in life through hard work and determination.

Saying Yes To The Opportunities Ahead

One of the most important pieces of career advice Victoria has received is simple: say yes to opportunities.

Her friend Chauncey Williams and her professor, Dr. Obinna Oleribe, have both encouraged and mentored her, teaching her to remain open to experiences that may initially seem unfamiliar. Their guidance has encouraged Victoria to take chances and recognize that an opportunity can lead to something she never expected.

One example came when Victoria said yes to a trip to Sacramento to learn more about how law and government work. That experience opened the door to working with her professor on research. What began as a decision to take advantage of an opportunity ultimately created another opportunity for professional and academic growth.

Victoria understands that saying yes does not mean accepting everything. There are times when circumstances make it impossible to participate. However, she believes people should be willing to take a chance on themselves when an exciting opportunity comes their way.

Chauncey has consistently encouraged Victoria to pursue new experiences, while Dr. Oleribe has challenged her to grow by stepping outside what feels comfortable. For Victoria, being pushed in the right direction has helped her discover that discomfort can often be part of meaningful development.

Building Confidence Through Change

Victoria's transition from an established culinary career into public health has required her to embrace unfamiliar territory. Balancing education, work, and personal responsibilities can create challenges, while having the confidence to pursue a new direction can be difficult.

Yet Victoria views these challenges as opportunities for growth. Her willingness to learn, adapt, and take risks has helped her understand that some of the most valuable experiences are those that push her beyond her comfort zone.

Her culinary background remains an important part of who she is. Food has always provided a connection to creativity, service, and community, and her current academic focus allows her to explore those interests from another perspective. Her Certificate in Culinary Arts serves as another component of the experience she brings to her developing career.

Victoria's professional and academic journey is therefore not defined by one field alone. Instead, it reflects the intersection of her experiences and her desire to continue learning.

Encouraging Young Women To Take Their Chances

For young women entering the industry, Victoria emphasizes the importance of taking advantage of every opportunity and being willing to say yes to new experiences.

Some of the most meaningful opportunities in her own journey came from stepping outside her comfort zone and embracing unexpected challenges. She encourages other young women to remain open to possibilities, even when they are uncertain about where an opportunity might lead.

Most importantly, Victoria believes in believing in yourself. Support from mentors, friends, family, and colleagues can be valuable, but confidence in one's own abilities is essential for continued growth.

Her own experiences have shown her that opportunities can emerge in unexpected places. The key is being willing to recognize them and have the courage to pursue them.

Perseverance As A Guiding Principle

Perseverance remains one of Victoria's most important values, alongside faith in a higher power and a strong belief in oneself. She believes external support can provide encouragement and direction, but true progress depends on an individual's confidence and willingness to keep moving forward.

Her personal philosophy is reflected in words she has chosen to carry with her: "I press on forward with my eyes looking up; I can only control myself." Inspired by Mel Robbins, the message represents Victoria's commitment to focusing on what she can control and continuing forward with purpose.

Outside of her academic and professional responsibilities, Victoria enjoys cooking and baking. She recently made banana bread for her church community, something she enjoyed because of the opportunity to share something she created with others.

She has also embraced a more active lifestyle through running and joining a run club, an activity she never expected to enjoy. Along with baking, running, and spending time with family and friends, Victoria appreciates the simple pleasure of a good cup of coffee.

As Victoria continues her studies at California State University, Dominguez Hills, and gains experience in public health, she is carrying forward the lessons taught by the women who raised and inspired her. Their examples of hard work, independence, resilience, and determination continue to shape her outlook.

With culinary experience behind her, public health studies ahead of her, and a growing willingness to say yes to new opportunities, Victoria Landa Reyes is creating a professional journey grounded in perseverance, confidence, and a desire to make herself proud.

Learn More about Victoria Landa Reyes:

Through her Influential Women profile: <https://influentialwomen.com/connect/victoria-reyes>

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