

SUMMARY

I am an accomplished performance musician on alto saxophone with a degree in Organizational Sciences from the George Washington University. Passionate about music, I have used performance opportunities to travel the East Coast and abroad to meet many people from all walks of life, learning and growing as an individual along the way. By merging organizational studies and performance experience brings a unique perspective to the business side of any industry. In leveraging my strong interpersonal skills and past work experience, I quickly become a fluid and effective member of any team and emerge from every experience with new skills, knowledge, and opinions.

SKILLS

- Social Media Management (Facebook, Instagram, etc.)
- Interpersonal Relations/Conflict Management
- Leadership and Communication
- Microsoft Office Suite, SPSS

WORK HISTORY

WOODS COFFEE [BELLEVUE, WA]

Pacific Northwest based coffee chain servicing the cities of western Washington from Bellingham to Bellevue.

Barista

June 2020 - Present

Currently focused on delivering high quality coffee beverages and food items, as well as a robust and intimate customer experience to those frequenting the 116th Street location. Assists with inventory stocking, store deep cleaning tasks and more general operations responsibilities.

Role Highlights:

Helped to organize weekly expired food donations for Congregations for the Homeless, a local organization which strives to provide housing and shelter for those in need.

EASTSIDE RESEARCH ASSOCIATES [BELLEVUE, WA]

Contract research lab working with Evergreen Hospital in Kirkland, WA. Operated two COVID-19 studies for a private sponsor focused on testing and treatment.

Research Assistant

March 2020 – May 2020

Assisted in the fulfillment of sample deliveries to the sponsor through specific collection processes and cooperation with the Evergreen Hospital Emergency Department (E.D.) Doctoral and Nursing Staff. Additionally, helped facilitate a nasal swab test of COVID-19 positive E.D. patients with the assistance of E.D. staff. Maintained paperwork and shipping details for both studies running in parallel.

Role Highlights:

In preparation for my role in the studies, received the following certifications:

- Shipment of Infectious Substances (Category A) and Biological Substances (Category B) from the Mayo Clinic
- Good Clinical Practices from NIDA Clinical Trials Network

BENCOOLEN LLC [WASHINGTON, D.C.]

Maximalist Rock Band based out of Washington D.C. with influences of funk, soul, the blues, and more. Through this organization have built up social media management skills, event planning skills, budget management and more.

Co-Founder

May 2015 - December 2019

Coordinated the acquisition of numerous landmark achievements for the organization such as growing the social media presence, publishing and marketing multiple professional projects, as well as facilitating high profile performances/events such as those listed subsequently.

Performance Highlights:

- 9:30 Club, Washington D.C. (December 29th 2016, June 2015)
- Firefly Music Festival, Dover DE (July 15th - 18th 2017)

Social Media/Website Management

May 2015 - December 2019

Manage social media presence on Facebook (www.facebook.com/bencoolenc), Instagram (www.instagram.com/bencoolenmusic) and web site (www.bencoolenmusic.com), have grown both the Facebook and Instagram pages to 2,000+ followers.

I.M.P. MUSIC [WASHINGTON, D.C.]

Parent company of The 9:30 Club, The Anthem, Lincoln Theater, U Street Music Hall and Merriweather Post Pavilion. Handles the operational side of Live Music Event Planning; Marketing, Sales, Public Relations, Booking, etc.

Marketing Intern

May 2017-August 2017

Assisted with day-to-day marketing operations such as poster/flyering at multiple of the downtown venues and partnered local business around the city. Generated and executed promotional plans such as ticket giveaways and contests. Additionally, provided written promotional media in the form of blog posts to support specific artists' new releases, shows and so on.

OVERLAKE GOLF AND COUNTRY CLUB [MEDINA, WASHINGTON]

Prestigious, private golf and country club with a pool for members that supports a summer swim team, private swim instruction, and open swim opportunities with lifeguards.

Assistant Swim Team Coach

May 2015-August 2015

Recreational Swim Team consisting of over 100 children between the ages of 8 and 18. In addition to coaching swimmers, I facilitated team operations by communicating the practice schedule, meet schedule and other relevant team information to parents/guardians. Created a weekly email newsletter after coordinating with other coaches to make sure all the included information was correct and reached the parents/guardians in a timely fashion. Each week parents would respond to the letter with questions, and based on the most frequently asked questions, the following newsletters would be updated for clarity.

Personal Swim Instructor

May 2015-August 2015

Offered private instruction services to members of the Overlake Golf and Country Club for all ages. Provided a comfortable and educational environment for swimmers hoping to improve their general strength, form, and knowledge. Due to the wide-ranging individual skill levels, created specific routines for each student tailored to their needs and goals. As those individuals began to advance, routines would evolve to become more complex, allowing the individual to continually feel their progression.

EDUCATION

THE GEORGE WASHINGTON UNIVERSITY, AUGUST 2014-JUNE 2018 [WASHINGTON, D.C.]

Graduated with a Major in Organizational Sciences, and a Minor in Music

- Member of the Epsilon Chapter of the Sigma Chi Fraternity (Public Relations Chair)
- Member of the Student Musicians Coalition
- Founding Member of the George Washington University Jazz Orchestra (2nd Chair Alto Saxophone)

THE INTERNATIONAL SCHOOL OF BELLEVUE, AUGUST 2007-JUNE 2014 [BELLEVUE, WA]

Attended the International School of Bellevue from grades 6-12 and graduated in June 2014 with a 3.5 GPA. The International School of Bellevue is one of the top-rated high schools in the nation, being named in the Top 10 of the US News and World Reports list of best high schools.

- Member of the High School and Middle School Jazz Band (1st Chair Alto Saxophone)
- Member of Interlake High School's Varsity Swim Team (Captain)
- Member of Newport High School's Varsity Water Polo Team (Captain)

REFERENCES

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