# Matthew Taylor

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# Objective

To obtain the Program Manager & Health Coach position at Sterling Wellness Solutions in the South Louisiana area in order to provide and promote health education, wellness screenings, and advice on health and wellness to my community—While also helping Sterling Wellness Solutions continue to strive as a leader in the health & wellness industry.

# Education

## University of Louisiana at Lafayette August 2008-May 2013

Bachelor’s Degree of Science in Kinesiology with an emphasis in Health Promotion and Wellness; recently graduated with a 3.49 GPA.

## Loreauville High School August 2004-May 2008

High school diploma in Honors; graduated top ten in the Class of 2008.

# Experience

## Hi-Crop Equipment Company June 2006-Present

* New Iberia, Louisiana
* Shop-hand/Driver
* My family’s business in which I have worked in between school part-time.
* Worked as a shop-hand doing basic mechanics and doing various types of work around the company. I also spend my time driving the company truck, picking up and delivering equipment, and communicating with the customers.
* I accomplished various skills throughout my tenure such as small engine mechanics, working with people, communication skills, and teamwork skills.

Jefferson Orleans Restaurant June 2010-August 2010

* Lafayette, Louisiana
* Kitchen Hand
* Worked in various positions including cooking, cleaning tables, and waiting tables.
* Various skills were required in this business including: teamwork, communication, interacting with customers, and working in a timely manner.

Internship Experience

* Catalyst Recovery of Louisiana January 2013-April 2013
  + Lafayette, Louisiana
  + Creating the infrastructure of the Wellness Program
  + Implementing the Wellness Program
  + Safety Observations/Safety Audits
  + Individualized Health Plans
  + Interaction/Recruiting Employees to the Wellness Program
* Stone Energy January 2013-April 2013
  + Lafayette, Louisiana
  + Managing and implementing employee health and wellness
  + Exercise and Nutrition Prescription
  + Promotion of health events/activities
  + Providing health education to employees

# Community Service/Volunteerism

* Big Brothers and Big Sisters of Acadiana-Loreauville Elementary School; Spring 2008. Served as a role model to less fortunate students once a week.
* Greater Acadiana Heart Walk-American Heart Association; November 2009 and November 2010. Served various booths and helped set up stage.
* Lose The Training Wheels Camp-Cajundome Convention Center; Spring 2011. Taught a young boy with autism how to ride a bicycle over several days of training.

Professional Organization

* Louisiana Association of Health, Physical Education, Recreation, and Dance (LAHPERD); Member since Fall 2011.

Honors/Awards

* University of Louisiana at Lafayette-Dean’s List; Fall 2009, Spring 2011, Spring 2012, and Spring 2013.

Certifications/Skills

* CPR Certification with the American Red Cross Association; 2011.
* Advanced Computer Skills: Microsoft Excel, Word, Power Point, Access, and Publisher.
* Participated in high school sports for four years. I am great at being part of a team.
* Honest, loyal, and extremely hard working.
* Advanced fitness and nutrition knowledge: coursework and experience through ULL.
* Superior coaching, recruiting, and interpersonal skills.

References

Chad Callais Raynette Fino

Health, Safety, & Environmental Manager-CRLA Service- Hi-Crop Equip. Co.

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