# Angelica Menor

# Family Resource Specialist

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#### Skills:

- Team player
- Emotional intelligence
- Public speaking
- Concierge service
- Attention to detail

Multi-faceted leader with a passionate history of helping individuals of diverse backgrounds in health, fitness, and their overall well being.

### **Education:**

- Southwest Career and Technical Academy - 2012
- College of Southern Nevada - 2020 - Present (Social Work)

## The Harbor/ Family Resource Specialist

JUNE 2020 - PRESENT, LAS VEGAS

2855 Geary Place

702-888-2021

Las Vegas, NV 89109

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At the Juvenile Assessment Center, it is our mission to provide families and especially youth, with immediate services that they need. This information is gathered through assessments that we undergo with the families.

#### Self / Reiki Practitioner

JANUARY 2019- PRESENT, LAS VEGAS

Through meditation and mindfulness practices, I assist others by helping to create a safe space for individuals who are going through traumas, anxiety, mood disorders, etc. One example of a mindfulness practice consisted of self-awareness of breath work.

# **Brand Ambassador**

JANUARY 2012 - JUNE 2018. LOS ANGELES - LAS VEGAS

While working for various companies and events, I was able to practice effective communication of product value and how to entice, and educate potential customers that eventually led to trusted partnerships for collaboration. Some companies and events included: Mc Leod, LA Hair Show, Magic, CES.

#### **EOS/** Personal Trainer

MAY 2017-JUNE 2018, LAS VEGAS

Within this company, I was able to assist in preventative care, nutrition, fitness training plans, stress management, and ergonomics. My favorite part was being challenged as a leader in group training classes.