

Health & Wellness Coach Health & Wellness Coach Health & Wellness Coach Denver, CO Work Experience Health & Wellness Coach National Jewish Health 2017 to 2019 Serve as a tobacco cessation coach providing techniques to smokers wishing to quit smoking. Utilizing the use of motivational interviewing to accomplish cessation by motivating individuals to make choices leading to cessation. Duties Elicit change behaviors in participants Recommend appropriate interventions Provide ongoing support throughout quit program Embrace Quality Assurance process Doctoral Student - Research Psychology Doctoral Student Walden University 2014 to 2019 Scholarly practitioner pursuing doctoral degree in research psychology with the goal of describing, explaining, predicting, controlling the behaviors and mental processes of others. Curriculum focuses on utilizing the scientific method through quantitative, qualitative, and mixed methods of research discipline. Syllabus Psychological theories Lifespan development Research theory, design, & methodology Survey methods Assessment & measurement PROJECT MANAGER Non-profit - ICAST 2014 to 2014 2014 Responsible for project management operations for community engagement projects in Northern Colorado that provided support to communities touched by the oil and gas industry. Provided support for organization's project and process management office Duties Coordinate community engagement activities Project management for various oil and gas related community programs Conduct, and analyze surveys in conjunction with housing programs PROJECT MANAGER MICRODATA GIS 2010 to 2010 2010 Effective in the implementation of emergency response solution projects in communities across the United States. As the stakeholder liaison, performed organizational and communication tasks at all phases of the project plan Duties Lead onsite installation and testing of solution in Hopkinsville and Todd County, KY Analyzed PMO Process Structure, mapped existing project management processes, and proposed paths for improvement GLOBAL IT PROJECT MANAGER Seagate Technologies 2005 to 2009 Responsible for various Information Technologies programs and projects for a global technologies manufacturer, providing full life cycle management from requirements facilitation through lessons learned Duties Managing global initiatives including Lotus Notes R8.x Quality Assurance coaching to assure adherence to ISO standards

PROJECT/PROCESS MANAGER Telecommunications - Qwest Information Technologies 1999 to 2004 Successful in managing multiple software development projects to fruition in respect to schedule, resources and budget. An experienced software development manager versed in the application of multiple software development and process methodologies, including the CMM and Agile (XP) models Duties Successfully lead an initiative to develop and institute organizational processes to attain organizational capability maturity Developed and implemented the PRIME organization to socialize process methodology to IT professionals within a software development organization. Resulting in an increase in order flow through and a cost reduction of \$3.5M annually Lead software development project to allow Customer Service Representatives to compare a customer's record with actual features on the switch. This gave the CSR the ability to reconcile accounts resulting in a ROI of \$8M for the first year ADMINISTRATIVE MANAGER Telecommunications - US WEST EEO Compliance 1996 to 1999 Administrative support functions performing for the internal EEO Investigators and the Workforce Management Consultants. Responsibilities included the administration of Outplacement Services for separated employees and the coordination of the corporate EEO Awareness Training Programs. Duties Secondary research conducted for EEO Investigators Participated in the development of the US WEST FMLA Manager's Training Video Education Master of Arts in Psychology in Golden Key International University of the Rockies 2013 Bachelor of Science in Business Management in Business Management University of Phoenix 1999 Doctoral in Psychology Candidate in Dissertation Stage Walden University Skills Quality assurance, Risk management, Collection, Data collection, Networking, Mentor, Detail orientated, Change agent, Workflow Additional Information EXPERTISE Health & wellness programs Psychological assessment Quality assurance Tele counseling Research concepts Project management Networking Data collection & management Risk management COMPETENCIES Accountability Detail orientated Positive attitude Manages workflow Builds strategic relationships Collaborative team builder Decisive leader & mentor Ethical & diverse Skilled communicator Change agent

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