

SHIRLEY GALLO

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EDUCATION

University of Washington

Bachelor of Arts in Gender, Women and Sexuality Studies
Minor in Nutritional Sciences

Seattle, WA
Expected Jun 2024

EXPERIENCE

University of Washington Recreation

Yoga Instructor

Seattle, WA
Jan 2022 – Present

- Lead weekly yoga class for college students of diverse backgrounds and skill levels
- Develop and adapt yoga sequences and teach proper techniques to avoid injury

University of Washington Health & Wellness

Peer Health Educator

Seattle, WA
Apr 2021 – Present

- Facilitate 1-5 workshops per week on health related topics including nutrition, exercise, and stress management; present to audiences both on and off-campus and tailor materials as needed
- Collaborate with 5 team members to organize, coordinate, and market 20+ events for the year
- Disseminate information regarding health resources available to students through presentations and tabling; design and order advertising materials and merchandise from vendors

University of Washington Volleyball Team

NCAA Division 1 Student-Athlete

Seattle, WA
Jun 2020 – Dec 2021

- Supported team success at competitions through 15 hours per week of training and conditioning
- Developed detailed communication plan regarding team nutrition and hydration goals
- Led engaging tours of campus and athletic facilities for prospective students and families
- Selected as student-athlete panelist for regular visit programs to represent the university

America SCORES Seattle

Lead Youth Team Mentor

Seattle, WA
Apr 2021 – Jun 2021

- Developed and presented culturally relevant lesson plans to educate and inspire 200 program participants to lead healthy lifestyles
- Encouraged inclusive behavior among students through projects and activities
- Trained and oversaw 5 Youth Team Mentor volunteers on basic health education, effective mentor techniques, and coaching strategies

Youth Team Mentor

Summer 2016 & 2017

- Mentored and built relationships with 16 at-risk students at local high school
- Coached team on volleyball techniques and team-building exercises to build confidence
- Increased student writing literacy and academic outcomes by leading 1:1 tutoring sessions

ADDITIONAL EXPERIENCE

Student Public Health Association, Member

Sept 2020 – Present

Latino Student Union, Member

Feb 2020 – Present

Starbucks, Barista

Jan 2019 – Mar 2020

RELEVANT SKILLS

Technical Skills: Microsoft Office, Google Workspace, Adobe Creative Cloud, Canva, Social Media Marketing, Google Analytics, Salesforce, CRM, QuickBooks, Tableau, Asana, Notion, Marketo

Organizational Skills: Event Planning, Motivational Speaking, Stakeholder Communication, Teaching, Relationship Building, Liasoning, Multitasking, Database Management, Resource Development, Training, Presenting and Reporting Data, Budgeting, Customer Service, Fundraising, Outreach, Data Entry