

Benjamin Stratton

Benstratton100@gmail.com

+1(808)646-1106

Objective

Hard-working individual skilled in communication and performance. Seeking to affect positive change within the town of Meriden by helping and guiding the youth and young adults. Well established within the community, working with local organizations.

Education

Western Carolina University, Cullowhee, NC	August 2018-December 2021
Bachelor of Arts	
GPA: 3.8/4.0	
Dean's List Student	
General Assembly, Online	December 2022-March 2023
Software Engineering Certification	

Certifications/Qualifications

American Heart Association	Current
Basic Life Support for the Healthcare Provider (CPR and AED)	
American Aerobic Association International (AAAI)	Current
& International Sports Medicine Association (ISMA)	
Phase 1 Yoga Instructor Certification	
National Academy of Sports Medicine (NASM)	Expired 10/22
Personal Training Certification	

Work Experience

Build Your Practice, Kennett Square, PA	April 2022-Present
Sales & System Manager	
Meriden-New Britain-Berlin YMCA	Summer 2021-Present
Personal Trainer	
Sports Instructor	
Camp Counselor	
Western Carolina University Campus Recreation Center	January 2021-2022
Group X Instructor	
Fitness Assistant	
Parks and Recreation, Meriden, CT	Summer 2019-2020
Camp Counselor-Professional Role Model	
Procure Physical Therapy, Meriden/Wallingford, CT	2016-2019
Physical Therapy Aide	

Community Service

Sylva Community Garden, Sylva, NC	2020
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Volunteered as a grounds keeper to help maintain land plots.	
Homebase College Ministry, Cullowhee, NC	2018, 2019
Volunteered as a server and custodian to deliver services to the homeless.	
Community Table, Sylva, NC	2018, 2019
Volunteered as a server to build and supply nutritious meals to people in need.	

References

References available upon request.