



# SAMUEL CULLINAN JR.

## CONTACT

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## SKILLS

Fast Learner  
Leadership  
Delegation  
Detail and Quality Oriented  
Excellent Multitasking  
Exceptional Customer Service  
Microsoft Suite  
Problem Solving  
Social Networking  
Strong Communication  
Team Management

## EDUCATION

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### **School of Molecular Sciences, Arizona State University**

August 2014 – December 2019

Bachelor of Science in Biochemistry | 3.33 GPA

## WORK EXPERIENCE

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### **EOS Fitness Assistant Fitness Manager**

Dec. 2019–Current

Regularly train staff on fitness industry updates as well as coach personal trainers on professional conduct. Participate in club promotions to recruit new members and increase club sales. Attained sales targets, including revenue goals and member retention rates.

### **EOS Fitness Personal Trainer**

Jan. 2019–Dec. 2019

Develop and implement personalized exercise and diet programs with each individual client, while maintaining an organized filing system with 40+ clients at a given time. Personal training includes responsibilities such as constant teaching, correcting, and motivating each person while helping clients be as successful as they can to obtain their goals.

### **Starbucks Shift Supervisor**

2015–2019

Responsibilities included those of a barista as well as overseeing the entire floor, ensuring standards are being followed, practicing proper cash handling procedures, providing feedback when needed, training other partners, and making sure everyone is following their roles properly.

### **Starbucks Barista**

2014–2015

Perform multiple job duties such as provide exceptional customer service, memorize drink recipes, multitasking in a fast paced environment, recognize and remember customers, and maintain cleanliness.