

## **Education**

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- Boston University**, Boston, MA 2022
- EdM, Applied Human Development; concentration in Physical Education and Coaching
  - 3.94 GPA
- Indiana University – Purdue University Indianapolis**, Indianapolis, IN 2020
- BA, Psychology
  - BS, Mathematics; concentration in Applied Statistics
  - 3.64 GPA

## **Work Experience**

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- Davidson College**, Davidson, NC 2020 - 2022
- Mental Performance Consultant Intern
- Trained baseball, tennis, soccer and field hockey teams mental skills
  - Used a motivational interviewing-based approach in align with self-determination theory
  - Conducted team cohesion, imagery, goal setting, self-talk and visualization sessions
  - Held individual sessions and team sessions
  - Worked with coaches and improved their communication with their student-athletes
- Lesley University**, Cambridge, MA 2020 - 2022
- Mental Performance Consultant Intern for Men's Baseball
- Implemented workshops on goal setting, visualization, relaxation and self-talk
  - Swiftly dealt with racism, homophobia and antisemitism to create a safe environment
  - Helped players recover after tough losses to be able to bounce back
  - Developed tailored interventions to assist athletes in preparation for their competitions
  - Improved communication between the coaching staff and athletes
- Jasper Tennis Patrons**, Jasper, IN 2012 – 2020
- Tennis Instructor
- Developed junior player's self-talk, self-belief and dealing with on court stressors
  - Traveled with and coached high-level juniors for tournaments around the Midwest
  - Adapted different teaching styles to each player to maximize results
  - Taught players how to construct points by playing to their strengths

## **Activities & Volunteering**

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- Boston English High School**, Boston, MA 2021 - 2022
- Get Ready Member
- Led students through a positive youth development framework using physical exercise
  - Worked in a marginalized community with predominantly black and brown children
  - Conducted confidence building sessions to increase their self-worth and self-belief
- Men's Tennis Team**, Indianapolis, IN 2019 - 2020
- IUPUI Volunteer Assistant Coach
- Assisted players with rebounding after a poor performance
  - Used individual zones of optimal performance to conduct
  - Served as a liaison between players and coaches to foster communication
- Men's Tennis Team**, Indianapolis, IN 2016 - 2019
- IUPUI Men's Tennis Athlete
- Engaged in 20+ hours a week of team practice, workouts, travel and competition
  - Honed skills in discipline, punctuality, communication and time management
  - Walked on the team and earned my way to receiving an athletic scholarship

## **Certifications**

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CPR, AED & First Aid

## **Technical Skills**

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Proficient in R & Microsoft Office