

# William Conway V

## Personal Trainer

Burlington, NJ - Email me on Indeed: [indeed.com/r/William-Conway-V/47c6d8fa6bd877c3](https://www.indeed.com/r/William-Conway-V/47c6d8fa6bd877c3)

As an entry level personal trainer, I would like to utilize my leadership skills, self-discipline and knowledge of physical fitness in a constructive manner to assist clients in reaching their health fitness goals.

Authorized to work in the US for any employer

## WORK EXPERIENCE

### Warehouse Associate/Forklift Operator

R & L Carriers - Burlington, NJ - April 2016 to Present

#### Responsibilities

- Responsible for loading completed skids onto trucks.
- Operate Forklift
- Examine and inspect stock items for damage or defects, and reporting it to be documented.
- Load items in an orderly and accessible fashion

#### Skills Used

Forklift Operator

### Warehouse Associate

MCLANE COMPANY, INC - Burlington, NJ

Distribution Manager: Greg Pollard

(609) 239-5020

#### Responsibilities

- Responsible for selecting the correct products and building pallets
- Operate heavy machine to move finished pallets to loading area
- Read orders on wearable device and scan items in until pallet is complete.
- Responsible for working with the team to make sure the required minutes were met each shift
- Certified power equipment operator

### Field/Recreation Worker

Burlington Township Recreation - Burlington, NJ - June 2014 to September 2014

609) 387-2775

- Maintain the upkeep of all parks, fields and public grounds for Burlington Township.
- Operate heavy machinery, and diesel trucks including towing trailers and equipment.
- Responsible for the upkeep of all equipment and vehicles including repairs and part replacements.
- Supervise a field crew of five workers daily, and ensure all safety codes and regulations were met.

### Manager/Security

Doc's Pub - Burlington, NJ - April 2011 to September 2014

609) 386-9828

- Responsible for overseeing bar and kitchen employees and operations.
- Motivate the staff to work as a team to achieve highest average per-ticket/per-shift averages.
- Manage drops and deposits, and balancing registers after each shift turn over.

- Prioritize and juggle many simultaneous responsibilities including, maintaining inventory, staff schedules, and event scheduling.
- Use my exceptional problem solving skills to diffuse hostile situations between patrons before they escalated into physical altercations.
- Uphold a safe environment for staff and patrons.

### **Shift Manager**

Wawa - Burlington, NJ - August 2012 to June 2013

609) 386-2501

- Oversee cash management procedures, including balancing registers, safes, and adjusting fuel pricing at the start and finish of each shift.
- Supervise day-to-day task assignments and manage the performance of associates including training, and coaching a staff of 8 or more while maintaining a positive team morale.
- Perform daily loss prevention/inventory duties to ensure all merchandise was accounted for.
- Direct and check in all external vendors bringing in new deliveries.
- File/report safety issues including on the job injuries and customer incidences.
- Proven ability to communicate with staff to ensure excellent customer service, and maintain proper accountability for inventory and finances.

### **Teller**

Dunbar Armored - Cinnaminson, NJ - October 2011 to June 2012

856) 786-5200

- Verify all cash orders against daily manifest.
- Operate and upkeep currency counting machinery
- Work as a team with other tellers to ensure all orders and counted and verified by day end.
- Audited, balanced and accurately reported cash handlings.
- Ability to comply with all safety guidelines and standards

## **EDUCATION**

### **Criminal Justice**

Burlington County College - Pemberton, NJ

2006 to 2008

Burlington Township High School

2002 to 2006

## **SKILLS**

Certified Power Equipment Operator (Less than 1 year)

## **CERTIFICATIONS**

### **Personal Trainer**

October 2015 to October 2016

Advanced Personal Training - ID:167505

Core & Functional Fitness Instruction - ID: 167512

Currently working towards NASM certification.

#### ADDITIONAL INFORMATION

##### Skills

- Exceptional verbal and written communication skills.
- Dedicated and meticulous - high level of accurateness and attention to detail.
- Strong ability to work in a team setting.
- Outstanding customer service and management knowledge.
- Great interpersonal and networking abilities.