# Work Experience

7/2015-5/2016 **Brennan’s Pub, Sodexo-UVM Dining**, *Supervisor and Banquet Lead*

* Managed a team of 10 employees during dinner, averaging 500 patrons each night. Built a culture of hospitality and fun based on customer feedback through surveys. Provided leadership and support to catering events. Regulated inventory and food preparation, tracked daily sales and performance metrics, and ordered supplies. Coached employees through monthly safety trainings and performed daily compliance checks.

1/2015-6/2015 **Naval Station Newport MWR**, *Command Physical Training Leader*

* Lead daily training sessions of 50-100 active duty Navy and Marine Officers as well as civilian client’s ages 10-70 years old. Counseled clients on effective health, fitness, and weight loss strategies.
* Organized and hosted weekly fitness challenges that drew 30-50 participants.
* Prepared curriculum for and lead nutrition seminars to groups of 50 students.

5/2014-12/2014 **Omphalos Fitness LLC**, *Founder and Head Coach*

* Established a new personal training and group fitness business. Developed educational content for website with an emphasis on goal setting and achievement. Gained valuable insight regarding opening and growing a small business. Organized promotional events with local vendors to promote community health. Utilized WordPress, Zen Planner, and Quick Books to track business metrics.

3/2008-3/2014 **Vermont Air National Guard**, *Aircraft Electricical and Environmental Tech*

* Inspected and evaluated F-16 electrical and environmental maintenance activities. Interpreted inspection findings and determined corrective actions to maintain electrical system components. Ensured compliance with technical publications in maintenance and hazardous waste handling.
* Lead a team of 4 individuals through over 150 technical tasks their apprentice level training.
* Selected for military pentathlon team (shoot, water obstacle, land obstacle, throwing, orienteering).

4/2013-6/2014 **CrossFit Threshold Training**, *General Manager*

* Managed client accounts and tracked sales with MindBody software. Coached 5-20 members in each class 15-20 times per week. Tracked client’s attendance, post daily performance results to website, and filed end of day reports.
* Increased new client acquisition by 125% through promotional training sessions.

4/2011-4/2013 **The Vitamin Shoppe**, *Assistant Manager*

* Sold dietary supplements and health products exceeding monthly, quarterly, and annual store goals. Organized daily training sessions focused on product knowledge and key selling points. Managed opening and closing procedures and banking duties. Increased community awareness by orchestrating and executing marketing at health fairs, campus events, competitions, and trade expos.

# Education

# Sep 2008-Dec 2013 University of Vermont, *Burlington, VT*

* **BS in Dietetics, Nutrition, Food Sciences with a minor in Public Communications.**

Coursework included identifying and prevention of microorganisms, nutrition in the lifestyle, clinical nutrition and counseling, nutrition policy, sustainable development, and management. Additionally studied communicating using appropriate technologies and employing written, oral, and visual techniques. Business management, website development, and psychology.

* **Public Speaking Teaching Assistant**, *UVM, CALS 001: Communication Methods.*

Taught 12 students public speaking and effective use of audio and visual devices in presentations.

* **Child Life Specialist Volunteer**, *University of Vermont Medical Center*, 2013