

## EDUCATION

**IUPUI (Indiana University - Purdue University at Indianapolis), Indianapolis, Indiana, August 2011 – August 2015**

- *Bachelor of Science in Kinesiology (Highest Distinction)*
- Major: Exercise Science
  - Cumulative GPA: 3.89
- IUPUI Top 100 Student, *Spring 2014*
- IUPUI Swimming and Diving Team, *Diver*, Fall 2011- 2014

**Eleven Fifty Academy, Indianapolis, Indiana, March 2021 — July 2021**

*Web Development Bootcamp*

- View my work and style [here](#)

*Competencies:*

- HTML, CSS, JavaScript/ECMAScript 6, DOM, API, Bootstrap, Git, GitHub, Firebase, Node.js, Postman, PostgreSQL, pgAdmin, Sequelize, JWT, bcrypt, React.js, JSX

**The Embody Lab, Virtual, September 2021 — December 2021**

*Integrated Somatic Trauma Therapy Certificate*

- Explored unified somatic approach to trauma-informed care and latest evidence-informed approaches to treating and healing trauma
- Deepened an understanding of the body's relationship with social, environmental, developmental, relational, historical, spiritual, and cultural wounding and healing through the lens of interconnections between individual and collective liberatory practices

## EXPERIENCE

**Production Coordinator, October 2021 – Present**

[All The F\\*ck In Podcast](#), a podcast for showing up for social justice in your work

- Assist podcast hosts in production efforts: edit and finalize transcripts from audio, create audiogram for social media posts, load audio and show notes into Squarespace to be published on iTunes and Spotify
- Use G-Suite apps to coordinate communications, updates and deadlines for podcast production

**(W)holistic Wellness Coach, July 2020 — Present**

Independent/Self-Employed, Indianapolis, Indiana

- Help clients approach their fitness and wellness journeys through self-inquiry, curiosity, and compassion to set practical goals in order to build self-efficacy to aid them in attaining sustainable and positive lifestyle changes

**Case Investigator, October 2020 – October 2021**

Indiana State Department of Health, Contact Tracing, REMOTE

- Receive and address calls from Hoosiers related to COVID-19 by providing current CDC guidance for self-isolation/self-quarantine for positive cases and close contacts, use empathetic questioning techniques to elicit information from individuals that have tested positive
- Communicate and escalate citizens' issues meeting designated criteria to appropriate staff for resolution
- Work from a system queue to place outbound calls, make detailed notes related to interactions with individuals in the CRM
- Operate multiple systems simultaneously, including a CRM, a Knowledge Management System, a telephone system and email

**Head Coach and Director of Operations, August 2017 – August 2020**

EDGE Fitness and Strength, Indianapolis, Indiana

- Walked alongside members to determine individual fitness goals and work toward sustainable behavior modification, lead group classes, coached proper technique, performed routine assessments to track member progress, designed BootCamp programming
- Created and edited content as well as operated social media accounts, worked closely with gym owner to oversee and run daily operations, assisted in administrative tasks, promoted membership enrollment in prospective members, managed staff through scheduling and routine communication of expectations, hosted monthly fundraising workouts for local nonprofits

**Bebitos Toys, July 2020 — Present**

Studio Hand, Indianapolis, Indiana

- Assist a local toy maker and artist with toy production: stuffing toys, cutting and turning fabric, creating labels, ramping up inventory

**Meals on Wheels Associate, June 2020 — September 2020**

Meals on Wheels, Indianapolis, Indiana

- Arranged and packed 2,000 meals each week for homebound Indiana residents facing food insecurity during the pandemic

**AmeriCorps Public Ally and Alum, Term: September 2015 – June 2016**

Indianapolis Neighborhood Resource Center (INRC), Indianapolis, Indiana

- Served 10 month term in local nonprofit, participated in weekly trainings such as: diversity and inclusion, race and racism, LGBTQIA, asset-based community development, servant leadership, etc; worked with local neighbors to establish a community garden

**Membership Services and Service Desk Representative, August 2012 – May 2017**

National Institute of Fitness and Sport, Indianapolis, Indiana

- Managed prospect to lead conversion, increases membership sales, checked members in, provided excellent customer service in answering member questions, kept service desk clean, filed member paperwork

**Sales Consultant, Administrative Assistant, Office Manager & Fitness Professional July 2016 – January 2017**

Transformation Fitness and Wellness, Indianapolis, Indiana

- Corresponded with all inquiries, closed sales, maintained client schedule, managed social media accounts, programmed workouts for corporate partnerships, worked one on one with members to develop individual

## **MISCELLANEOUS VOLUNTEER AND/OR COMMUNITY INVOLVEMENT**

- Ascendant Assemblies - rising sign based astrology cohort participant (2021 - 2022)
- Take Up Space Mentorship group participant - Lauren K Roberts (2021)
- Human Design As An Anti-Capitalist Framework course participant - Kelsey Rose Tortorici and Cat Fitzgerald (2021)
- Mind-Body Skills workshop participant - Little Red Door (2021)
- Abolition Teach - In; participant in workshop and rally against state and racial violence - Indiana Racial Justice Alliance (2021)
- Hope Packages; put together 40 packages for unhoused residents in Indianapolis - PSL (2021)
- Called voters to speak about school board candidates for IPS - 1 day volunteer - RISE Indy (Fall 2020)
- Anti-Racism for Wellness Leaders; 6 month course - Haven Yoga (2020)
- Anti-Racism for Wellness Professionals; webinar training with Chrissy King (2020)
- Crisis Counselor Volunteer through Crisis Text Line (2020)
- Delivered food to Indianapolis citizens during the beginning of the COVID-19 pandemic - MLK Community Center (2020)
- Facilitator on Mind, Body, Spirit for Indianapolis AmeriCorps Public Allies (2018, 2019)
- Big Sister volunteer - BBBSCI (2018 - 2019)
- Team Building and Adventure Activities Facilitator - YMCA of the Rockies, Estes Park, CO (Summer 2017)
- Adjunct Instructor; taught IUPUI students the fundamentals and history of Zumba group exercise (2016)
- Hosanna's Heart organization Founder; implemented free and donation based accessible exercise programs for neighborhood (2015-2018)
- Adaptive Personal Trainer for people with differing cognitive and physical abilities - INShape & PARCS, IUPUI (2013 - 2015)
- Children's Program Intern; managed classes of children, planned activities, hosted volunteers - City of Refuge, Atlanta, GA (2013)