

# KIRSTEN S. M. PURPURA

1803 Mansfield Street, Indianapolis, Indiana 46202, 219-789-3283, purpurakirsten@gmail.com

## 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 — Present**

- *Web Development Bootcamp*
- HTML, CSS, JavaScript, Web Applications
- Anticipated Graduation: October 2021

## EXPERIENCE

**Contact Tracing Level 3 Case Investigator, October 2020 – Present**

Indiana State Department of Health, MAXIMUS, Indianapolis, Indiana

- 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
- Schedule and register eligible citizens for vaccinations and provide general information for vaccine related questions on the 211 call line
- 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

**(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

**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

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

Meals on Wheels, Indianapolis, Indiana

- Arranged and packed 2,000 meals each week for homebound Hoosiers or 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
- Mentor current allies in seeking employment after their term of service

**Sojourn Summer Self-Discovery Program and Adventure Activities Facilitator, May 2017 – August 2017**

YMCA of the Rockies, Estes Park, Colorado

- Facilitated families and groups through high ropes course and rock wall, led varying groups through team building activities
- Participated in weekly discussions and workshops led by different leaders, teachers, psychologists and functional neurologists

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

National Institute of Fitness and Sport, Indianapolis, Indiana

- Managed prospect to lead conversion, 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, maintained client schedule, managed social media accounts, programmed workouts for corporate partnerships, worked one on one with members to develop individual

**Hosanna's Heart Founder, February 2015 – January 2018**

Mapleton-Fall Creek (MFC), Indianapolis, Indiana

- Implemented a donation based accessible exercise and workout program for neighborhood residents

**Adjunct Instructor, Summer 2016**

IUPUI, Indianapolis, Indiana

- Taught and graded IUPUI Kinesiology students the history of Zumba, recorded attendance, choreographed and led each class

**Children's Program Intern, Summer 2013**

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City of Refuge, Shelter for Women and Children experiencing Homelessness, Atlanta, Georgia

- Managed 2 classes of children ages ranging from 3-12 in a variety of activities, helped host volunteers, drove kids to weekend camps

## **VOLUNTEER AND COMMUNITY INVOLVEMENT**

- Mind-Body Skills workshop participant - Little Red Door (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)
- Adaptive Personal Trainer for people with differing cognitive and physical abilities - INShape & PARCS, IUPUI (2013 - 2015)