

# LAUREN TOBIAS

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## HEALTH & WELLNESS DIRECTOR

### SKILLS & CORE PROFICIENCIES

- Project management
- Budget & contract management
- Event planning and management
- Qualitative psychological research
- Community needs assessments
- Customer service and counseling
- Cultural sensitivity & adaption
- Team & community leadership
- Critical analysis
- Succinct & professional writing
- Creative partnership collaboration

### EXPERIENCE

DECEMBER 2018 – PRESENT

**DIRECTOR OF HEALTH & WELLNESS**, FORT PECK COMMUNITY COLLEGE. POPLAR, MT

Responsibilities:

- **Gym Manager** | Oversee the two fitness facilities of the Fort Peck Indian Reservation and their staff members
- Deploy teams for construction, maintenance & cleanliness needs; hire and train new staff; manage budget & income; set policies; set tone for member relations; media & marketing of monthly events; Advocate for effective health policies on College campus
- **Project Director** | Good Health & Wellness in Indian Country grant, a 5-year, \$1.8M project funded by the Center for Disease Control (CDC)
- Co-wrote grant application; grew project team from 1 individual into 5 individuals and 4 subsections; created a 5-year work plan and annual budget in line with GHWIC project goals; track data to manage progress toward goals; revise budget annually; submit quarterly and annual progress reports; hired a Project Evaluation team to manage and report on GHWIC project performance measures
- Negotiated 5 professional contractors; responsible for managing their deliverables, deadlines, and wages
- Responsible for building a CDC Diabetes Prevention Lifestyle Change Program from the ground-up through liaising community and clinical partnerships
- Liaised important federal, state, and local partnerships toward wider project impact
- **Advisory Board Member** | Founding member and Eastern Montana representative for the Montana Double SNAP Nutrition Incentive Program Steering Committee (and co-chair the Equity Subcommittee), spearheaded by two-time FINI/GuSNIP awardee, Community Food and Agriculture Coalition (CFAC)
- **Project Director** | “Gather” Food Sovereignty grant, a 1-year, \$32K project funded by the First Nations Development Institute
- Applied for and was awarded this project as supplemental funding (running simultaneously) to the GHWIC project
- Negotiated 1 professional contractor and solicited consistent in-kind support from a local grassroots Buffalo Reintroduction organization
- Worked with Fort Peck Tribes’ Buffalo Program to identify new pathways for their buffalo herds to be an affordable and accessible part of the food system
- Envisioned and co-conducted a regional assessment to better understand the local meat processing industry’s cost and access limitations to affordable meat processing
- Deployed GHWIC Project contractors to consolidate 10 years of raw data for the Fort Peck Tribes’ Buffalo Program to create usable, educational information packets; distributed information widely in local channels
- Conducted community assessment (needs and limitations) of local grocery store interest in selling local buffalo meat and in becoming authorized as a Double SNAP Dollars retailer
- Liaised partnership between Montana Double SNAP Dollars Network and local tribally-affiliated store

- **Event Management** | Envisioned, co-organized, and co-facilitated the first annual Fort Peck Food Sovereignty Day – created the agenda, solicited RFP's for local chefs, food demonstrators, local speakers, and breakout panelist moderators; invited local vendors to sell artwork; adjusted attendance to comply with COVID-19 safety protocol; managed and executed within budget; screened 3 documentary films (2 local, 1 national)

#### Accomplishments (2019 / first 10 Months):

- Identified improvements to be made, through conducting a community needs assessment and surveying the population
- Brought in ~\$54,000 in revenue (revenue had been less than \$5,000 in the entire previous year)
- Built professional partnerships with the two major healthcare providers in the area
- Carried out 68 hours of new health-related events
- Designed a gym management and membership tracking system (obtained records for nearly 300 members)
- Oversaw the full restoration of the highly trafficked gym sauna
- Won a scholarship for our full-time Wellness Coach to obtain professional development training
- Grew Facebook following from 70 to 630 followers and started an Instagram account (100 followers to date) (@fpccwellnesscenter)
- Joined burgeoning Double SNAP Incentive Network to connect into statewide food access advocacy
- Planned and implemented a transition from a manual gym management system to a cloud-based system
- Assisted facilitation of a Personal Training Certification Course for 16 new local personal trainers
  - Designed a 5-week practicum period for new trainers
- Expanded hours of operation by 64 hours per week with no additional expenditures
- Supervised employee projects such as starting a merchandise line and beginning 1-on-1 personal training services

#### **AUGUST 2016 – NOVEMBER 2018**

##### **ASSISTANT TO EXECUTIVE DIRECTOR, MONTANA POST-SECONDARY EDUCATIONAL OPPORTUNITIES COUNCIL, 501(C)3. MISSOULA, MT**

- Assisted with major statewide event facilitation (college fair circuit attended by all Montana high schools)
- Served as the MPSEOC Representative of the Montana College Access Network, a network of professionals from 15 education-based non-profit organizations, with the intention of collaboration and big-picture brainstorming
- Grew social media following by 30% in two years
- Created a Travel Guidebook; obtained advertisement partnerships with business owners in 18 Montana cities
- Attended MPSEOC Board of Directors meetings (5x/year)
- Managed Excel member databases
- Trained new members on MPSEOC's services

#### **AUGUST 2016 – AUGUST 2018**

##### **AMERICORPS VISTA (VOLUNTEER IN SERVICE TO AMERICA) MEMBER, MONTANA CAMPUS COMPACT, UNIVERSITY OF MONTANA. MISSOULA, MT**

- Steered a 10-person planning committee to facilitate the 3-day 2018 Close of Americorps Service conference
- Attended Campus Compact staff meetings as a VISTA member representative
- Led multiple group check-in meetings for VISTA peers

#### **MAY 2015 – AUGUST 2016**

##### **YOGA INSTRUCTOR, SELF-EMPLOYED. NEW YORK & NEW JERSEY**

- Taught breath awareness exercises, stress-management tactics, meditation, and practice of yoga
- Lead classes at a variety of studios, gyms, and in private lessons (class size 5-25)
- Served diverse populations (athletes, children, elderly, injured, etc.)

#### **2012 & 2015 SEASONS**

##### **HEAD FIELD HOCKEY COACH, JUNIOR VARSITY, HARRISON SCHOOL DISTRICT. HARRISON, NY**

- Implemented daily practice plans to address apparent weaknesses and exercise strengths

- 2015: Planned and executed a “Play4TheCure” fundraiser game, raising \$2,500 for the National Foundation for Cancer Research
- 2012: Led an initially inexperienced team to a 10W-1L record
- Implemented techniques such as yoga, imagery, fitness, and meditation on a weekly basis; prioritized healthy team-dynamics through weekly team meetings

## EDUCATION

### SEPTEMBER 2014

#### **MS SPORT & EXERCISE PSYCHOLOGY** UNIV. OF ROEHAMPTON, LONDON. MERIT HONORS.

- Dissertation: Understanding psychological growth of athletes in years after recovering from serious sport injury: A qualitative study on three athletes’ lived experiences.
- Graduated with Merit (UK Honors); served as the Life Sciences Graduate Student Representative/Liaison

### JANUARY 2012

#### **BA PSYCHOLOGY, BUSINESS MINOR** SKIDMORE COLLEGE, SARATOGA, NY. CUM LAUDE.

- Average GPA: 3.5; Thoroughbred Society (student-athlete honors); Liberty League All-Academic Team (2009-2011)
- NCAA Division III Student-athlete: 4-years field hockey; 3-years softball

## ACTIVITIES, LEADERSHIP, QUALIFICATIONS & VOLUNTEERISM

- Certified yoga instructor; Reiki and Vipassana meditation practitioner
- ~5-6 years collective experience working in fitness centers and yoga studios of many kinds, in various positions
- Certified in CPR (2007-19) & Youth Mental Health First Aid
- Board member of Missoula Softball Association (2017-18)