

MONIKA FORD

mkford4@gmail.com • (608) 772-7452

EDUCATION

Claremont McKenna College, Claremont, CA

September 2014 – May 2018

Bachelor of Arts, International Relations – Middle Eastern Regional focus

- **GPA:** 3.63 /4.00
- **Thesis:** Analyzing the Successful Mediation of the Johnston Plan
- **Relevant Coursework:** Politics and Economics of Natural Resources, Physical Geography & Geomorphology
Anthropology of the Middle East, U.S. International Policy: Israel/Palestine, Soils & Society

CIEE: Amman, Jordan

September - December 2016

Study Abroad Program—Language & Culture

EMPLOYMENT

Song of the Morning Yoga Retreat, Vanderbilt, MI

April 2020 – September 2021

Online Content Manager, YogaFest Coordinator (40 hours/week)

- Created social media & marketing content such as info-graphics, photos, blog posts, and donation campaigns; along with assisting weekly email newsletters
- Managed organization's YouTube channel and produced videos and weekly live stream broadcasts; Maintained and updated websites for both organization and YogaFest event (songofthemorning.org; yogafestmi.com)
- In July of 2020, co-coordinated a three-day online yoga festival which engaged over 1,000 viewers and met a donation goal of over \$10,000. Main responsibilities included reaching out to video presenters, editing over 40 hours of video content, designing graphics, and coordinating live stream events
- Coordinated 2021's "YogaFrost" online three-day event in February and July's in-person and live-streamed "YogaFest" festival which, during the Covid-19 pandemic, included safety measures and a hybrid event system
- Included living in an intentional community, various household & land management practices, such as chainsawing and cooking meals for staff and larger guest groups

Tipi Produce, Evansville, WI

August 2019 – October 2019

Farmhand (40 hours/week)

- Seasonal position on a large organic farm; main work included harvesting, weeding, packaging, and storing produce for both CSA and market store orders

American Conservation Experience, Santa Cruz, CA

January 2019 – April 2019

AmeriCorps Conservation Crew Member (40 hours/week)

- Volunteer position in the central coast of California doing various conservation work a part of a team
- Projects were focused on conservation practices and land management. Projects included: Point Lobos Foundation plant propagation (80 hours); Piedras Blancas Reserve ADA trail (160 hours); and San Simeon State Park chainsaw tree removal (Monterey pine) (320 hours); Included Wilderness First Aid, CPR and Chainsaw A Feller training & certifications

Claremont McKenna College, Claremont, CA

March 2017 – March 2018

Resident Assistant (20 hours/week)

- Oversaw a residential building of 81 college students from multiple class years and worked on-call weekends
- Planned & implemented educational and social events to build community and promote belonging
- Served as a liaison between students and various College administrative departments, enforced College policies and mediated conflict between students
- Trainings: Teal Dot Bystander, Active Listening, Queer Allyship, Inclusion & Diversity Awareness, First Aid & CPR

Claremont McKenna College Storyhouse, Claremont, CA

November 2014 – May 2018

Student Mailroom Assistant (8-12 hours/week)

- Process incoming mail packages and distribute to appropriate student mailboxes

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INTERNSHIPS

Song of the Morning Yoga Retreat, Vanderbilt, MI

May 2017 – August 2017, July 2019

YogaFest Intern (35 hours/week)

- Coordination of the Retreat's annual yoga festival from July 27-30, 2017; returned in 2019 to aid in festival graphics and volunteer as a lead for attendee camping/parking (managed other volunteers)
- Design of festival t-shirt and 26-page program guide through use of Adobe InDesign, Illustrator
- Establishment and maintenance of relationships with various vendors and presenters, including submission permits to Dept. of Natural Resources and the County Health Department

The Akshaya Patra Foundation, Bangalore, India

June – August 2016

Communications & E-Presence Intern (40 hours/week)

- Summer internship at a non-profit organization dedicated to fighting hunger and promoting education for India's youth; lived independently in Bangalore for the duration of the internship
- Produced newsletter templates, icons, and imagery for publications using Adobe InDesign & Illustrator

SKILLS

- **Technical Skills:** Adobe Creative Cloud; Microsoft Office; WordPress; Squarespace; Canva; Square POS; Retreat Guru; Constant Contact; Davinci Resolve (video editing); HTML & CSS (currently learning)
- **Certifications:** Web Development Coding Program (CareerFoundry, currently enrolled), 200-hour Yoga Teacher Training (Inner Fire Yoga, Madison, WI 2019); Wilderness First Aid & CPR (2019)
- **Languages:** French (intermediate), Arabic (beginner-conversational), English (native)
- **Interests:** Graphic Design, Photography, Hiking and Plant-based baking