

Education

West Virginia University – Morgantown, WV

December 2016

Bachelor of Science in Childhood Development and Family Studies

Major in Preschool Education (BS) and Pre K-K Special Education (BS/MA)

GPA: 3.8/4.0 (4.0/4.0 Major GPA)

Experience

[solidcore] Coach – Tysons, VA

January 2019-Present

Pilates Coach

- Coaching clients through a full body pilates workout
- Learn and implement best practices for the workout
- Engage, empower and be part of the community
- Interact and form relationships with clients

Core Power Yoga – Arlington, VA

July 2018- Present

Yoga Teacher

- Provide yoga instruction
- Educate students on correct alignment while providing modifications for postures during their yoga practice as appropriate for their success, challenge and safety
- Maintain positive relationships with students to encourage continued class attendance and support their growth through CorePower Yoga lifestyle programs

Hikyoga – Travel

July 2018- Present

Yoga Teacher

- Plan, execute and instruct yoga classes outdoors
- Market the events through social media and online site
- Work with other local businesses to plan events for the community

Village Green Day School – Great Falls, VA

December 2016- December 2018

Lead Teacher, 2-3 Year Olds

- Work in accordance with the policies and philosophy of the school as well as planning and preparing the learning environment and lessons, maintaining interest centers, and preparing lesson plans, materials and supplies
- Encourages students' positive self-image and supports individuality, independence and creativity and communicated with children respectfully
- Presents a favorable image of the school to parents, children, staff and visitors
- Initiates and models positive interactions in the classroom, on the playground and in other settings

Core Power Yoga – Merrifield, VA

June 2017-January 2018

Studio Experience Team

- Convey a welcoming presence while in the studio
- Perform cleaning tasks in the studio space and locker rooms that result in a premium sensory experience for students.

5-hour ENERGY – Morgantown, WV

June 2014–December 2016

Campus Ambassador

- Represent the 5-hour ENERGY product on campus in various capacities such as visiting on campus group meetings, sampling product on campus, hold events and educate peers on campus about product
- Develop a campus plan each semester on how to reach students
- Keep a weekly inventory tracker of all product
- Complete weekly and monthly recaps including sampling of product and event status

Certifications

- First Aid/CPR/AED Certified
- 200HR-RYT
- 63HR RYT continued Education
- HIKYOGA Yoga teacher Certified
- [solidcore] coach training
- Taught pop up yoga classes, at Lulu lemon Mosaic and Great Falls Pilates