

# TIFFANY DENNY

Software Developer

## TECHNICAL SKILLS

- Ruby/Rails
- JavaScript
- ReactJS
- Python
- Test-Driven Development
- PostgreSQL
- API Development

## EDUCATION

### TEXAS WOMAN'S UNIVERSITY

Doctor of Physical Therapy  
2008 - 2011

### UNIVERSITY OF SOUTH CAROLINA

B.S. Exercise Science  
Spanish minor  
Magna cum laude  
2004 - 2008

#### International Experience

- United States International University  
Nairobi, Kenya Spring 2007
- Audio Gil Spanish Language Institute  
Castellón, Spain Summer 2005

## SUMMARY

After a rewarding career as a health and wellness professional, I'm excited to shift into the technology space, where I can use my creativity and problem-solving skills to contribute to the work of a great team.

## PROFESSIONAL EXPERIENCE

### TIFFANY DENNY YOGA, LLC

Consulting & Training 2015 - Present

- Developed and delivered 6-month, 200-hour yoga teacher training programs meeting standards set by Yoga Alliance.
- Authored curriculum and technical training materials to ensure course content was easily understood and students would have reference materials for later in their careers.
- Licensed anatomy and movement science training materials to teacher training certification programs and delivered guest lectures on those materials.
- Actively consulted with clients through the processes of becoming yoga instructors and starting new yoga businesses.

Yoga Therapy 2014 - Present

- Developed client base of over 50 through word-of-mouth and professional referrals.
- Employed a variety of techniques within the context of yoga, including breathing practices, mindfulness/meditation, bodywork, yoga postures, and movement reeducation, to successfully improve a range of orthopedic and pain-related conditions.
- Conducted over 600 individual yoga therapy sessions, working with clients one-on-one over an average of 10 visits before achieving their stated goals.

Yoga Instruction 2005 - Present

- Presented multi-hour workshops and lectures as a subject-matter expert on anatomy and therapeutic practices at several yoga conferences and festivals across the US.
- Taught over 2400 group classes and over 50 workshops for universities, yoga studios, medical clinics, and professional organizations.

### 3TREE YOGA

Yoga Studio Owner 2014 - 2018

- Created, operated, and eventually sold a profitable boutique yoga studio in Fort Worth's Near Southside neighborhood.
- Developed a successful go-to-market business plan with guidance from FW Small Business Administration advisor, including marketing plan, financial forecasts, and operating model.
- Executed three-month renovation of historic building - oversaw the entire project and permitting process.
- Sold appx 50 founding memberships prior to opening to ensure immediate positive cash flow.
- Employed 15 yoga instructors to offer 40 classes per week to a customer base of >2500.
- Hosted fundraisers for local nonprofit organizations including the Spay Neuter Network, Embody Love Movement, The WARM Place, and One Love Dallas.

## **EMBODY LOVE MOVEMENT FOUNDATION**

### **Executive Director 2018 - 2020**

- Developed strategic partnerships with the Young Women's Leadership Academy, the Girl Scouts of North Texas, the National Charity League, Ivivva Dallas, and Girls Embracing Mothers, resulting in a 6x increase in program delivery to youth across North Texas from 2018 to 2019.
- Implemented strategy leading to 75 new facilitators and to nearly double the total numbers served in 2019.
- Produced inaugural One Love Fits All Virtual Conference, featuring interviews with 20 influential activists, educators, authors, and artists to raise awareness about the ELM organization and its mission.
- Funded 4 ELM programs and provided 40 facilitator training scholarships.
- Developed new operational framework for the organization, decreasing administrative costs through volunteer delegation and automation.
- Made broad-reaching updates to training curriculum following cooperative engagement with a diversity consultant.
- Orchestrated annual leadership summit for 35 ELM facilitators from across the US, including four days spent focusing on continuing education and strategic planning.

### **Faculty & Board Member 2016 - Present**

- Volunteer on the board's Programs and Development committees beginning in 2020.
- Certified over 40 facilitators to share ELM programs in their community by leading two, 15-hour trainings per year.
- Mentor facilitators on facilitation skills, adaptive programming, and marketing strategies.
- Deliver ELM programming as a service to individuals, organizations, and corporate teams.

## **PHYSICAL THERAPY**

### **Contract Physical Therapist & Consultant 2014 - 2019**

- Delivered comprehensive, progressive treatment using patient education, manual therapy techniques, dry needling, modalities, and corrective/functional movement and exercise prescription for over 500 patients.
- Helped patients in neurological and pelvic floor PT settings to receive more holistic, multidimensional care.
- Regularly integrated into new working environments, quickly adapting to operational and clinical requirements.
- Consulted on the selection of a new electronic medical record (EMR) system and configured the clinical implementation.
- Successfully trained 10 clinicians in use of a new EMR system without disrupting patient care and daily operations.
- Delegated appropriate tasks to physical therapist assistants and aides, balancing optimal clinic efficiency with best practices for patient care.

### **Staff Physical Therapist: Sports Rehab Specialists 2012 - 2014**

### **Staff Physical Therapist: Physical Therapy of North Texas 2011 - 2012**

- Evaluated and assessed orthopedic patients with varying degrees of injury and health complexity
- Developed and delivered comprehensive, progressive treatment plans as the primary physical therapist for over 3,000 patients.
- Maintained documentation on over 15,000 patient visits in compliance with Medicare and HIPAA practices.
- Completed over 200 hours of continuing education training in my first two years of full-time employment, 84% above the minimum requirement.
- Introduced dry needling, an advanced therapeutic technique, to the practice, creating a new revenue stream for the clinic as well as increased treatment options for patients.
- Achieved board-certification as an orthopedic specialist, a designation shared by approximately 6% of physical therapists in the US.

## **CREDENTIALS**

### **Licensed Physical Therapist**

Texas Board of Physical Therapy Examiners 2011

### **Orthopedic Certified Specialist**

American Board of Physical Therapy Specialists 2013

### **Certified Yoga Therapist**

International Association of Yoga Therapists 2017

### **Experienced Registered Yoga Teacher (E-RYT500)**

Yoga Alliance:

200-hr Certification 2010

300-hr Advanced Certification 2016

### **Certified Facilitator & Trainer/Faculty**

Embodiment Love Movement 2014 & 2016