

TIFFANY DENNY

Software Developer

TECHNICAL SKILLS

- Ruby/Rails
- Python
- JavaScript
- ReactJS
- HTML5/CSS3
- 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 self-taught software engineering skills combined with my creativity and problem-solving ability 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