

SUMMARY

Five and a half years of experience developing boxing techniques, managing, and instructing a club of over 150 members annually. Two years of experience as an independent contractor, performing jobs ranging from moving to landscaping to fitness instruction. Roughly two years working in a fast-paced, high-pressure environment as security and a bartender. Participated in multiple psychological experiments revolving around behavior. Bachelor's in Psychology, with a focus on Behavior and Cognition to master my interpersonal communication. Familiar with computer hardware and software through a hobby of building and fixing computers. Overall, a self-motivated, hard worker with a passion for helping others and providing positive leadership.

PROFESSIONAL EXPERIENCE

UDA TECHNICIAN / ADMINISTRATIVE ASSISTANT

January 2020 - March 2020

The Evolution Group, Albuquerque, New Mexico

- Developed healthy relationships with mental health and substance abuse clients
- Maintained administrative records
- Performed urine/drug analysis collection and filed Chain of Custody forms

INDEPENDENT CONTRACTOR / SWEEPER

March 2017 - August 2019

Sweeps, Chapel Hill, North Carolina

- 114 jobs with an average rating of 4.95/5.00
- Self-scheduled tasks such as painting, moving, landscape, cleaning, repair, etc.
- Built positive rapport with individual clients

SECURITY / BARTENDER

June 2016 - May 2017, September 2018 - May 2019

Pantana Bob's, Chapel Hill, North Carolina

- Fostered teamwork and leadership skills for a high-stress environment
- Developed the ability to defuse violent situations and resolve issues among patrons

CLASS INSTRUCTOR / FRONT DESK / SALES

July 2018 - October 2018

Chapel Hill Gracie Jiu-Jitsu, Chapel Hill, North Carolina

- Developed interpersonal skills for individual and group training
- Built rapport with individual clients and created a comfortable, inviting workout environment
- Managed the sales of merchandise and recruited new gym members/personal training clients

PAINTER

Altrath Painting, Pilot Mountain, North Carolina

June 2015 - August 2015

Nothing But Detail, Winston-Salem, North Carolina

June 2014 - August 2014

- Worked with small teams to paint large wedding complexes and home interiors

RESEARCH / COMMUNITY INVOLVEMENT

Carolina Boxing Club

January 2014 - May 2019

Positions Held: Assistant Coach, President, VP, Head Trainer, Team Captain, Secretary

- 2000+ hours of hands-on training with individuals and groups, ranging from 14 to 55 years of age
- Instructed and supervised team of 10-15 trainers to teach boxing to a club of over 150 members
- Provided daily updates and instructions to a club of 50-150 people
- Implemented a large focus on improving self-esteem, self-efficacy, and community involvement
- Constructed daily boxing technique, conditioning and training plans
- Provided guidance and emotional support for the club and team

How Perception of Others affects Self-Esteem | Analytical Research Experiment

July 2017

- Performed an experiment to see how the perception of others has an effect on one's self-esteem

Work the Dream Fundraiser | Community Volunteer Event

April 2017

- Taught boxing for confidence and self-defense to youth in Durham, North Carolina

Subject 2 Change | Community Volunteer Event

March 2014

- Helped local centers with renovation and clean up to improve upon the surrounding community

CERTIFICATIONS

CPR/AED Certification through the American Heart Association

May 2020

Expiration Date: May, 2022

EDUCATION

UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL

Graduation date: August 2019

Bachelor of Arts in Psychology

Related Coursework: Behavior, Persuasion, Self-Regulation, Social and Cognitive Psychology

SKILLS

Leadership



Interpersonal



Management



Sony Vegas Pro



Creativity



ACCOMPLISHMENTS

• Coach of a National Collegiate Boxing Association (NCBA)

National Champion at 119lbs

• 2018 NCBA Regional runner-up, National runner-up, and All-American at 195lbs

• 2015 NCBA Regional runner-up and All-American at 185lbs