**First Name Last Name**

Lincoln, NE 68508 | Phone | Email

**EDUCATION**

**University of Nebraska-Lincoln |** Lincoln, NE  *(Expected) May 2023*

**Bachelor of Science in Nutrition Health Sciences**   **GPA: 3.5/4.0**

*Specialization: Nutrition, Exercise & Health Sciences*

**RELATED EXPERIENCE**

**Fit4Life,** Lincoln, NE

*Personal Trainer*   *January 2023-Current*

* Develop and implement personal fitness plans for clients to further their personal fitness, strength, and health goals
* Collaborated with staff to determine best use of resources and schedule for personal clients
* Adhere to and know all safety and health procedures required of the gym space to ensure the safety of all clients

**Performance Physical Therapy**, Lincoln, NE

*Clinic Student*   *January 2020-September 2022*

* Observe physical therapists during patient visits and manipulations to learn and guide my healthcare career
* Take and transcribe notes for all physical therapy appointments to ensure accurate record-keeping and facilitate smooth appointments in the future
* Interact with all patients and staff in a professional and courteous manner to ensure the comfort all individuals in the appointment

**TRANSFERRABLE EXPERIENCE**

**Panera,** Seward, NE

*Crew Lead*    *May 2018-December 2020*

* Managed a crew of up to eight crew members to make sure they were on-task and responding to customer needs
* Solved customer issues and complaints to ensure customer satisfaction
* Operated point-of-sale systems and handled cash register duties while maintaining customer flow and efficiency

**Hy-Vee,** Omaha, NE

*Clerk*    *January 2018-May 2018*

* Communicate with customers to determine needs and customize product to specifications
* Stock and refill products in a timely manner
* Communicate with customers to determine catering options

**LEADERSHIP**

* University Health Center Well-Being Coach *2019-2021*
	+ Built and maintained relationships with peers, faculty, and students
	+ Counseled college students through difficult times
* CEHS Student Advisory Board  *2019-2020*
* Inclusive Leadership Training Facilitator (2019) and Trainee (2018)
* CEHS Peer Network Program *2018-2020*

**SKILLS**

**Technology:** Microsoft Office Suite, InDesign

**Language**: Proficient in Spanish