

WORK EXPERIENCE

eMpower | Health & Wellness 2017-Present
Owner & Founder

- Founded a nutrition practice dedicated to help dancers and performance athletes perform at peak levels by forming healthy food, nutrition, and movement related behaviors
- Launched online yoga class schedule in 2020 (live and ondemand options)
- Assisted client in losing ~30 pounds through food habit modification to promote healthy eating and exercise habits

Full launch of company scheduled for 2021

Ballet Embody April 2019-Present

Co-Founder, Managing Director, Company Artist

- Co-founded and built dance company dedicated to representing narratives and original ideas through the tangible and visible art form of dance
- Manage finances, marketing campaign, dancer recruitment, communications with company artists, production management, company choreography, and coordination with special guest artists

Professional, Freelance Ballet Dancer 2011-Present

Ballet Embody (MD); Misako Ballet Company (MD); Agora Dance (DC); and Metropolitan Ballet Ensemble (MD)

The Washington Ballet, Washington, DC

Online Class Administrator, TWSB Online Program

Mar 2020-Present

- Support and assist in planning TWSB online classes and workshops, welcome students to classes, and manage attendance

Receptionist, The Joseph Coleman Studios

Jan 2019-Mar 2020

- Welcome customers into the space, respond to inquiries, and manage adult class payment processing and attendance

Dance/USA, Washington, DC

Membership Assistant

Jan 2021-Present

- Process new memberships and correspond with and assist prospective members and constituents
- Create and send bi-monthly jobs, auditions, and opportunities e-blast
- Support Membership Associate in projects as needed

Database Manager

Aug 2016-Dec 2018

Previously Administrative Services & Database Manager

July 2015-Aug 2016

Promoted from Executive Administrator

Oct 2012-July 2015

- Led \$70,000 Customer Relations Management Software Upgrade
 - Managing \$35,000 ongoing annual budget for vendor relations and licensing
 - Optimizing Salesforce adoption by leading staff trainings
 - Increasing staff time capacity by integrating current processes with Salesforce
 - Designing customer user interaction through the online portal
- Improved internship program by formalizing a calendar process and creating a targeted list of colleges & universities
- Acted as sole executive administrator of 12 employee organization

Membership Fellow

March-Oct 2012

- Coordinated and assisted the first Engaging Dance Audiences Learning Exchange in New York, NY
- Launched the inaugural [30th Anniversary Spotlight on Members](#) that included writing articles, publishing, and marketing online
- Assisted in hiring fall intern

The Dailey Method Barre Cycle DC, Washington, DC

Oct 2016-Oct 2020

Yoga Instructor

- Assisted building the yoga program from 1-2 clients to approximately 20 clients per class

EDUCATION

Masters of Science in Human Nutrition, University of Bridgeport, Bridgeport, CT Jan 2018-Present
Expected Graduation 2021

University of the District of Columbia, Washington, DC

Fall 2016-Fall 2017

- Obtained science and nutrition prerequisite credits for a Masters in Nutrition
- Active member of the Student Association for Nutrition & Dietetics

Bachelor of Fine Arts, Radford University, Radford, VA

Graduated 2011; Major Dance, Concentration: Ballet; Minor Business Administration

CERTIFICATIONS

Salesforce Trailhead Summer 2015-Fall 2018
Mountaineer Rank, min. 50 badges and 35,000 accumulated points

Yoga Alliance 200-hr Yoga Teaching Certification May 2016
CorePower Yoga - Dupont Studio