



HOME OFFICE

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HERE**

[facebook.com/afly-
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WEBSITE

www.watchmefly.com

Profile

I am a driven and passionate individual that is seeking to expand my personal self through health education and coaching with short-term consulting projects. I enjoy speaking about health, fitness, nutrition, dealing with life, how to avoid chronic disease, how to live a happy life, self healing, and self love.

Experience & Employment

CHICAGO, IL 2010 - 3/22/2020
CHNFC FITNESS CENTERS
Fitness Director for Group Fitness and Personal Training at small boutique gym chain
- Health Coaching, Nutritional Blog writing, Manage Social Media and Website, Develop classes/programs, Manage trainers/instructors, Payroll, Sales, Retention, Marketing, and Accounts Payable.

CHICAGO, IL 2005 - JAN 2020
DEPAUL UNIVERSITY
Professor in the Physical Education Department
- Instruct classes and develop curriculum for cardiovascular, dance, health, and weight training formats.

CHICAGO, IL 2003 - PRESENT
TOO HYPE CREW
MC, DJ, Rapper, Musician, Dancer, Entertainer for Old School Hip-Hop tribute band
- Performed at 1000 shows, advance the band, and manage the performers on-site.

CHICAGO, IL 2007 - 2012
XSPORT FITNESS
Group Fitness Instructor
- Teach NIKE HIIT and SPRI fitness formats and participate in multiple training workshops yearly.

WHEELING, IL 1996 - 2004
A-Z ENTERTAINMENT
Special Events Coordinator and Entertainer
- Managed artists, clients and office, and Promoted and sold entertainment packages.

Education & Certifications

Roosevelt University,	Chicago	B.S. Hospitality Management.	1995
Int'l College of Hospitality	Switzerland	Study Abroad Program	1994
Columbia College	Chicago	Dance, Theater, Music	1996-97
Fitour	Chicago	Fitness Professional	2000
Powerstrike	NY	Kick-boxing	2007
Nike Training Club	Chicago	Athlete Workouts	2010
Fitour	Chicago	Master Personal Trainer	2010
TRX Suspension Training	Chicago	Level 1-2-3 & Sports Medicine	2011-12-13
Fitour	Chicago	Nutrition	2014
Pink Ribbon Post-op Recovery	Chicago	Instructor Certification	2015
Center for Advancement in Cancer Education	Online	Holistic Cancer Health Coach	2017
Lifestyle Prescriptions	Online	Health Coach	2017

Skills

Cancer Care- Self Healed myself from Breast Cancer through Nutrition, Fitness, Detoxing Body and Life, Raw Food Diet, Retraining the Brain, Mind-Body healing, Self Coaching & Motivation, Re-establishing Soul Connection and Guidance. Familiar with conventional care, traditional care, insurance coverage, and dealing with chronic disease. Caretaker for mother with Ovarian Cancer. Caretaker for sister with Breast Cancer.

Management- Recruited, trained, and managed staffs up to 50 people

Operations- managed 800+accounts, conducted sales meetings, developed contracts, payroll

Sales and Marketing- Promoted by means of networking, cold-calling, flyers, web/social media site maintenance

Health Club Retention - Developed process to help retention at gyms that include: one on one meetings with new members, my health coach program, training staff on protocol, email follow ups and phone calls, fitness and health challenges

Production/Choreography - Created/Produced entertainments showcases and Live Performances AND wrote and directed pilots for 10 episodes of a health/fitness cable program

Entrepreneurship- Choreograph and Teach all styles of fitness and dance, have strong communication, leadership, and team skills, and am a dedicated and energetic Performer/Musician/Producer/Entertainment-

Referrals upon request