



**College Instructor**, Guilford Technical Community College  
Greensboro, NC

2019- 2023

- Curriculum development for State approved Sciences courses.
- Implement 70 hour Anatomy and Physiology course.
- Pathology 1 and 2
- Implement Kinesiology course.
- Student Advising.

**LMBT**, Bella Mia Day Spa  
Advance, NC

2015 to 2023

- Perform spa and massage treatments, according to BMBT scope of practice.
- Promote add-ons and product sales throughout spa retail.
- Implement superior customer service
- Promote a team-work environment with all staff.

**Manipulative Sciences Department Director**, Mount Eagle College  
Winston-Salem, NC

2012 to 2015

- Recruitment, admissions, and advising of new students.
- Achieved a 40% increase in student enrollment for college through marketing strategies.
- 95% retention rate for Manipulative Science Department.
- 100% MBLEx licensure exam pass rate.
- Awarded Trulliant Grant for Community Outreach and Wal-Mart Business grant.
- Instructor for advanced Medical and Clinic courses for department programs.
- Planned and implemented work site wellness activities for students and staff.
- Maintained and generated budgeting, SAP reports, and accreditation documents.
- Curriculum development for 600 hour board approved program.
- Planned, implemented, and evaluated community health education programming.

**Health Educator Intern**, Randolph County Health Dept  
Asheboro, NC

2012

- Design and implemented nutritional health education to elementary through early college students.
- Implemented Eat Smart Move More to Asheboro City School employees.
- Developed the Community Health Assessment survey, incentive program, and marketing materials for Randolph County Health Assessment.
- Applied various health behavior strategies necessary to move individuals and groups towards adaptation of long term health habits in work-site wellness programs for local businesses.
- Co-facilitated early-college TRU-Movement Campaign through Randolph Community College.
- Performed exercise testing using various protocols to measure fitness levels for cardiovascular, muscular strength, muscular endurance, flexibility, and body composition.
- Planned and implemented mental health and substance abuse workshops for community partners.

**Massage Therapist Intern**, Hospice and Palliative Care  
Winston-Salem, NC

2009

- Completed 225 hours out of the required 160 hours for Co-op.
- Awarded Co-op Volunteer of the Year 2009 for Hospice internship.
- Planned and implemented treatments for patients as part of the case management team.
- Developed and implemented educational programs and materials for staff and caregivers.

## **Education and Training**

**University of North Carolina- Greensboro**  
Community Health Education, BS

G.P.A 3.6  
National Society of Leadership and Success  
Student Excellence Scholar Award

**Forsyth Technical Community College**  
Therapeutic Massage Therapy, AAS  
Advanced Level: 900 hours.

**Davidson County Community College**  
Fine Arts, AAA  
Therapeutic Massage Therapy, Diploma

**Guilford Technical Community College**  
Rehab-Kinesiology Coursework  
60 credit hours

### **Certifications/Professional Development**

|  |      |
|--|------|
| LMBT NC (North Carolina Licensed Massage and Bodywork Therapist) | 2026 |
| CHES (Certified Health Education Specialist)                     | 2017 |
| Health Coaching Certification                                    | 2018 |
| Bachelors Level Manual Lymphatic Drainage Certification          | 2019 |
| vASP Program (virtual aspiring supervisor program)               | 2023 |

Effective Behavioral Interventions for Integrated Care Settings  
Influencing Through Positive Leadership  
Massage Therapy CIH for Pain Management Through VA  
Using Motivational Techniques in Massage Therapy sessions  
Meditation and Self- Guided Imagery  
Addressing the Opioid Epidemic with Veterans: Massage Therapy

DBT Model relating to Mental Health Assessment: AHEC  
Motivational Interviewing  
Grant Writing Workshop: House of Representatives  
Mental Health Using Faith Connections  
Tobacco Dependence Breathe Easy Live Well: Facilitator Training in Mental Health Setting  
Grant Writing: How to Effectively Map Goals  
Human Trafficking for Mental Health Setting  
Instructor Training Certification  
CVOP Leadership Training: AMTA  
Kinetic Movement: AMTA  
2014 School Summit for Educators: AMTA  
Cultural Diversity Training: AHEC

Community Health Assessment Training  
Women Be Healthy 2: For Women with Intellectual Disabilities Cervical/Breast Cancer  
Clinical Treatment Planning  
Ethics for Healing Arts: AMTA  
Strengthening Your Knowledge and Skills for Women with Disabilities

Active Shooter Training (FEMA)  
Blood Borne Pathogen Training (OSHA)  
Injury Prevention Summit: Fall Prevention and Safety  
Injury Prevention Summit: Prescription Overdose and Drug Safety  
Introduction to Hazardous Materials (FEMA)  
Orientation to Emergency Project Manager (FEMA)

### **Committees**

|   |               |
|---|---------------|
| AMTA-NC Secretary Board of Directors                              | 2018- 2024    |
| AMTA-NC Community Outreach Team Coordinator                       | 2017-Present  |
| AFMTE Board of Directors Representative                           | 2022- Present |
| Triad Health Project: Wellness Clinic                             | 2016-2023     |
| NC SOPHE Program Committee/Membership                             | 2011- 2020    |
| AMTA-NC Research and Development Chair                            | 2013-2017     |
| Mount Eagle College Emergency Preparedness/Safety Committee Chair | 2013- 2014    |

### **Memberships**

American Massage Therapy Association – North Carolina  
Society of Public Health Educators- North Carolina  
Alliance for Massage Therapy Education

### **Awards**

|                          |                |             |
|--------------------------|----------------|-------------|
| Humanitarian Award       | AMTA- National | August 2023 |
| Volunteer: Service Award | AMTA- NC       | March 2018  |