|  |
| --- |
| rachael wiseman  14130 Thrushwood Turn Chester VA, 23831 · (804) 731-4796  rachael.wiseman@live.longwood.edu · http://blogs.longwood.edu/rachaelwiseman/ |
| Health and Physical Educators are some of the most important mentors that work in the teaching field. I aspire to teach our younger generations the importance of being active, healthy, and happy. Regardless of an individual’s background, age, race, or gender, it is important that health and physical educators are prepared to motivate students to reach their highest potential. |

# Experience

|  |
| --- |
|  |
| from july 2013-currentserver, bartender, key hourly manager texas roadhouse As a server and bartender, I have applied communication and multitasking skills.  As a key hourly manager, I have been able to apply a variety of management strategies such as creating schedules, behavior management, problem solving, and providing a healthy and safe work environment. |

# Education

|  |
| --- |
| june 2014high school diploma, thomas dale high school I was a varsity cheerleader for all four years of high school.  I took four years of Latin and was a member of the Latin Club.  I also helped coach the Carver Middle School cheerleading team. |
| may 2018associates degree, john tyler community college I received my degree in General Studies, completing four different biology courses including anatomy and physiology. |

# Skills

|  |  |
| --- | --- |
| * I have great communication skills * I have experience in coaching * I have great problem-solving skills | * I have a developed knowledge for nutrition and exercising * I am extremely organized and motivated |

# Activities

I have taken knowledge from previous personal trainers to apply them to my current workout routine. I enjoy using my expertise to assist others to help them improve their diets and physical fitness. As a former cheerleading coach, I still aspire to help young athletes strive to be the best athlete they can be.