

Amanda Herrmann

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OBJECTIVE STATEMENT

I'm continuously striving for progression, I'm always searching for ways to better myself mentally, physically, personally and professionally. I'm driven by my passion for health & fitness, improving on overall human health to help others improve their quality of life through an integrative and holistic approach to eating and exercise! I am a go-getter always seeking more yet always content with what I have!

Life is all about your perspective, so make the best of it!

EDUCATION

- Certified Health & Nutrition Coach through Nutritious Life Studio
- Certified Health Coach through Profile By Sanford weight loss/nutrition coaching.
- CPR/PCA Certified
- Currently enrolled @ sctcc for science of natural medicine.
- Certified Personal Trainer through ISSA NCCPT

Highschool Graduation/Diploma

Apollo High School, SaintCloud MN

- Graduated and earned Diploma May, 2020
- Outstanding academic award

- Enrolled in SCTCC for Natural Medicine/study of gut health.

Saint Cloud Technical & community college

- Currently in school to complete a science of arts transfer degree to move on to studying holistic health and integrative medicine!

EMPLOYMENT

Culvers

Description)

My very first job in customer service, I was a cashier at the front serving customers, I dealt with dishes, window orders and plenty of multitasking and awareness was necessary for this role.

Sliced pizza

Description)

I was in charge of delivering and cooking the orders depending on the day, cleaning, preparing the pizza dough, vegetables and other ingredients as needed. This required me to work in a team setting, accommodate customer requests, etc. When delivering I was expected to deliver and get back to the store in a timely manner along with counting the tips and cash to keep organized with the registers and such.

Burger Time

Description)

In this role I was very independent as far as taking orders to make the food.

I did a variety of cleaning/organization tasks, kept up with things in a timely manner to keep orders running smoothly and making sure my to-do lists are completed in time as well.

Good Shepherd Nursing Home

I applied here as a universal worker to become a CNA, my job was to complete nursing and other miscellaneous tasks as needed by the RN staff. This role taught me plenty of skills with such a variety of people's needs. I was expected to be flexible and accommodating with the elderly. I was put in very difficult situations to help sit with suicidal residents and or mentally unstable.

Aegis Therapies

Description)

In this role I am expected to follow certain therapeutic guidelines, tend to the elderly for basic needs, mental and physical health. Organized the yoga/chair exercise classes, assisted in therapeutic classes for functional movement, tended to bingo and other small and large group activities, helped set up and transport residents. Organized the cooking and baking groups and helped serve. I was always the resident's right hand man.

Profile By Sanford (MSA):

In this role I was expected to complete tasks in a timely manner, complete certain open and closing duties as well as keep up with members in the store and work the registers. I was always on my toes either putting boxes away, stocking the shelves or attending to members' needs!

Profile By Sanford (Health Coach)

In this role I am liable for members in the kindest of ways, I am there to teach and guide members through their lifestyle change/weight loss journey and help them every step of the way! To Improve members health and wellness and help them reach their health/ weight loss goals!! I was expected to know and have only improved on my skills within nutrition/ meal planning/lifestyle change practices/ mental and physical therapeutic relief and emotional eating strategies, lastly a basis of exercise science concepts to help members get the best and leave with knowledge to continue living their healthy lifestyle on their own! .This job has helped me improve my communication skills, my technical skills, emotional intelligence and more!

Homewatch Health Care (PCA)

I am currently working here as an in-home health care worker. Assisting in elderly care and basic needs. I assist clients with all sorts of disabilities, mental health, physical health issues. I cook and clean and prepare everything a client may need on a day to day basis.

Personal Trainer @ StaFit Sartell, MN

Currently a trainer in the the Sartell area, seeking to progress and gain a full time clientele. I specialize in exercise specificity and programming, rehabilitating and weight loss. Meal planning and coaching has been apart of my expertise for the last 2 years as I implement these skills for my clients as well.

VOLUNTEER EXPERIENCE

Tri-County Humane Society

I was to take animals outside for walks, clean the animals cages and assist in customer service. Part of a volunteering group that would spend about an hour a week(at least) volunteering to help a cause.

HARD SKILLS

Time Management, Typing speed of 40-50wpm, multi-tasking, creating presentation and slideshows, artistic abilities, language and punctuation skills.

INTERESTS AND HOBBIES

Anything Fitness, weight lifting, snowboarding, longboarding, hockey, golfing, cooking, food photography, growing plants, interior design, art (painting, drawing) Rock Climbing, Camping, simply being in nature, Music, Photography.