

Amanda Spreen

2 Commons lobby
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College Station, Texas, 77840

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EDUCATION

High school: Marjory Stoneman Douglas, Parkland, FL

College: Texas A&M University, Mays Business School, College Station, Texas

EXTRA-CURRICULAR ACTIVITIES

Ronald McDonald House Club, Coconut Creek, FL

September 2015 - May 2017

Member 2015-2017

- Devoted one hour per week for twenty weeks
- Participated in bi-weekly meetings
- Assisted with club events
- Decorated the Ronald McDonald house on the holidays
- Decorated Gingerbread houses with the children of the home
- Helped create and conduct Easter egg hunts at the home

FRWD Student Led business Organization, College Station, TX

October 2018 - Present

Member to Mentor 2018- Present

- Participated in bi-weekly meetings
- Mentored freshman
- Active member of the Marketing committee
- Planned social events
- Spoke publicly to recruit new members

VOLUNTEER TUTORING

September 2016 – March 2017

Coral Springs, FL

Tutor, 2016-2017

- Scheduled appointments
- Communicated often with both parent and child.
- Anticipated my student's academic needs and addressed them appropriately

COMMUNITY SERVICE

Pine Hollow Pony Camp, Parkland, FL

December 2013 - August 2015

Head counselor, 2013-2015

- Taught young children how to care for and ride a horse
- Administered first aid
- Supervised multiple children around several horses
- Communicated and coordinated with parents and Supervisor
- Created entertaining and educational horse related activities

WORK EXPERIENCE

Primal Nutrition, Parkland, FL

June 2016 - Present

Brand Ambassador and Brand Ambassador Trainer, 2016 - Present

- Scheduled & conducted demos approximately 8 hours per week at various locations such as, health food stores, and shopping/fitness events
- Communicated/coordinated with store & employer management and insurance companies
- Researched logistical locations in stores/events for optimal sales
- Scheduled and conducted training calls approximately 5 times per month
- Developed and utilized a training manual for brand ambassadors in training

Primal Nutrition, Parkland, FL

June 2016 - Present

Brand Ambassador and Brand Ambassador Trainer, 2016 - Present

- Scheduled & conducted demos approximately 8 hours per week at various locations such as, health food stores, and shopping/fitness events
- Communicated/coordinated with store & employer management and insurance companies
- Researched logistical locations in stores/events for optimal sales
- Scheduled and conducted training calls approximately 5 times per month
- Developed and utilized a training manual for brand ambassadors in training

CERTIFICATIONS

Certified Primal Health Coach, College Station, TX

August 2018 – Present

Health Coach, 2018 – Present

- Received my Health Coach certification from the Primal Health Coaching Course
- Learned about the science behind the optimal human diet and body health, as well as how to properly coach others towards their fitness, diet, and lifestyle goals

CPR Certified

November 2019 – Present

CPR Certified, 2019 – Present

- Trained to perform CPR/AED/First Aid on children and adults