

COACHING RESUME

CONTACT

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SKILLS

- Communication
- Leadership
- Time Management
- Organization & Prioritization
- Teamwork & Collaboration
- Microsoft Office Suite
- Mentorship
- Encouragement

EDUCATION

BA / Sports Science
PSU, Tallahassee, FL
2011 - 2015

CERTIFICATIONS

First Aid
Red Cross, 2012
CPR
Frontier EMS, 2014
AED
True Hospital, 2016

RESUME OBJECTIVE

Energetic athletic coach with 6+ years of experience motivating clients, mentoring students, and training athletes to meet their goals in over five different sports. Possess a B.A. in Sports Science and Level 2 CrossFit Certification. Looking to leverage my knowledge and experience into a role as athletic coach of the football program at your university.

EXPERIENCE

Senior Coach

PeakFit, Miami, FL / October 2019 - Present

- Managed classes of up to 20 people, implement thorough warmups, program effective WODs, and supervise use of gym equipment
- Coached one athlete to 2nd place in the CrossFit Regionals
- Keep accurate daily attendance records and evaluate clients in personalized 1-1 sessions
- Build authentic relationships with members and increased sales of sports nutrition products by 15%, worth over \$1,500 a month
- After Covid-19 pandemic, taught 1-1 online sessions training, motivating, and encouraging students to continue with their fitness goals

Athletic Assistant Coach

Bedford High School, Boca Raton, FL / June 2016 - September 2019

- Developed offensive and defensive football game plans in cooperation with the head coach and won 75% of state games
- Provided training, encouragement, and dietary advice to prepare students for weekly games of baseball, basketball, and soccer
- Scheduled, planned, and conducted practice sessions, then reviewed and evaluated all game films

Resume Coaching Objectives

Windy Dryden



Resume Coaching Objectives:

Coaching for Rational Living Michael E. Bernard, Oana A. David, 2018-06-11 This eminently useful guide presents an up to date framework for Rational Emotive Cognitive Behavioral Coaching RE CBC from basic concepts techniques and applications to evidence of how and why this versatile method works It details how RE CBC synthesizes the rational thinking cognitive disputing and semantic training traditions of RE and CB therapies into coaching strategies for solving problems or furthering personal development The book's sections on process and techniques demonstrate the flexibility of the method as used in a variety of settings toward a gamut of purposes illustrating Albert Ellis central goal of long term happiness through rational living And specialized chapters offer applications of RE CBC to familiar coaching domains life health family motivation as well as to the complex worlds of business and organizations Included in the coverage Coaching for rational living rational emotive cognitive behavioral perspectives Psychological blockers to successful coaching outcomes Enhancing positive psychology coaching practice Assessment case formulation and intervention models A step based framework for coaching practice Plus applications of Rational Emotive Cognitive Behavioral Coaching including motivational parent family workplace stress management organizational change school success and sports performance Coaching for Rational Living is a robust practice building resource for coaches psychologists counselors and health professionals particularly mental health practitioners who use rational emotive and cognitive behavioral therapy and coaching

Very Brief Cognitive Behavioural Coaching (VBCBC) Windy Dryden, 2017-03-27 Windy Dryden presents VBCBC a unique approach to coaching from a cognitive behavioural perspective which takes place over the course of one to three sessions The approach is designed to help coachees identify at least one major objective discuss and select ways to achieve it and if necessary deal with obstacles that they experience in pursuing it The book presents the basic assumptions of the Very Brief Cognitive Behavioural Coaching VBCBC approach how it can be understood from the perspective of working alliance theory and recommendations concerning when it can be used and when not

Dealing with Emotional Problems in Coaching Windy Dryden, 2020-11-23 This book is a comprehensive guide for coaches on how to use rational emotive and cognitive behaviour therapy to help coachees with their emotional problems within a coaching context In this fully updated new edition Windy Dryden discusses the eight major emotions that feature in coachees emotional problems and their healthy alternatives outlines a step by step guide to the use of RECBT in the coaching context illustrates these points with a case of a coachee whose progress towards a personal development objective was hampered by an emotional problem and how the coach implemented RECBT to help her deal with the obstacle and resume development based coaching *Dealing with Emotional Problems in Coaching* will be a valuable resource for all those involved in coaching

The Ultimate Guide of Goals and Objectives Markus Hofrichter, 2022-09-12 This E Book was written with the Intent of providing you some basic skills to apply in your work life or personal life for yourself or for others to ACHIEVE your GOALS DEVELOP your full potential

Dealing with Clients' Emotional

Problems in Life Coaching Windy Dryden, 2010-09-13 This book is a comprehensive guide for life coaches on how to react and adapt when emotional problems get in the way of coaching Windy Dryden uses Rational Emotive Cognitive Behaviour Therapy RECBT techniques to offer advice on when it is and is not appropriate to work on emotional problems when the coach should refer the client to someone else such as a psychotherapist or counsellor how to use RECBT to help clients with their emotional problems within a life coaching context at what point it is sensible to begin coaching again Dealing with Clients Emotional Problems in Life Coaching will be a valuable resource for all those involved in life coaching Ferguson Career Coach Shelly Field, 2010-06-18 Provides tips for career success in education including advice from professionals career strategies and insider secrets The Changing Outplacement Process John L. Meyer, Carolyn C. Shadle, 1994-10-21 With downsizing layoffs and other retrenchment measures afflicting both public and private sectors outplacement consulting has grown from a minor specialty among human resources HR firms and practitioners into an important industry Meyer and Shadle explore changes that have occurred in the outplacement process as well as its practice to provide a clearer understanding of what it is and what it offers organizations and their employees Clearly written and designed to assist management and their HR professionals the book provides not only an insight into the meaning of job loss and its devastating impact on workers and the organization but also a way to help lessen the blow to both Among the topics explored here are the seven dimensions of the new careerism an inclusive definition of outplacement a complete and objective review and analysis of the elements of the outplacement and career transition process and a description of the different kinds of assessment typically offered as part of outplacement It also provides an inside look into this multimillion dollar industry its organization and markets trends and the industry s burgeoning technology The authors answer such questions as Why does one need outplacement counseling Why do corporations pay for it and how much How do outplacement firms contact and contract with corporations How can the outplacement firm provide consultation to downsizing corporations This book is a well researched practical resource for all organizations and their employees in this economically difficult decade

Analysing Your Coaching Penny Crisfield, 1998 **Career Coach** Shelly Field, 2008 Presents a guide for those interested in pursuing a career in the performing arts with advice and tips on assessing interests and skills setting goals planning career actions searching for a job networking and pursuing success in the workplace **The Ultimate Career Coach Faith In Finding Your Dream Job** George Goodwyn Jr., 2023-08-01 The Ultimate Career Coach Faith in Finding Your Dream Job is all about putting the Lord first as you look for your next employment opportunity The first big step is to write down what your dream job would look like which will allow you to pray with a specific request Just as important it will allow you to ask others to pray for you By including friends and family in your job search the Lord will direct you and guide you He will open doors you never believed possible As you read this guide you ll learn how to Make a lasting eternal impact wherever you are and no matter what you do Approach each day with a new and fresh perspective Go all in to be who you were created to be Develop

a written mission and vision statement The author emphasizes that finding a better job takes time If you are not prepared to go the distance you will never get to the finish line that God intended for you to reach Regardless of where you start your present education your race your gender or your history God can take you to new heights **Sport Coaches' Handbook** International Council for Coaching Excellence,2021 Sport Coaches Handbook supports the education and development of sport coaches by providing them with the knowledge required to fulfill their roles as coaches while considering their personal values and philosophy the athletes they coach and the environment in which they coach

Cognitive-Emotive-Behavioural Coaching Windy Dryden,2017-09-08 This accessible introduction to cognitive emotive behavioural coaching CEBC emphasises the role emotions play in coaching and explores how coaches can acknowledge them in their work as well as demonstrating how CEBC can be enriched with a flexible and pluralistic approach Windy Dryden explores both the range of issues that CEBC can deal with including practical problems emotional difficulties and self development and outlines the frameworks that coaches need in order to work in each type of CEBC The book also includes a discussion of the central role of the coaching alliance and is illustrated with three case studies Written in Dryden s characteristically clear and straightforward style this book will be essential reading for coaches of all backgrounds including those in training coaching psychologists and coach supervisors *A Practical Guide to Rational Emotive Behavioural Coaching* Windy Dryden,2017-12-15

In his clear and concise style Windy Dryden outlines the steps and strategies that coaches using Rational Emotive Behavioural Coaching REBC should employ as a guide when working with coachees in development focused REBC and in problem focused REBC addressing both practical and emotional problems A Practical Guide to Rational Emotive Behavioural Coaching shows how REB coaches can address the inevitable obstacles to coaching progress that are likely to occur in all types of REBC and outlines the most common steps for each type of coaching including common strategies for the implementation of each step The book also includes a unique survey developed by the author designed to help coachees in development focused REBC assess and evaluate healthy principles of living The book will be an essential resource for coaches in practice and training for professionals working in human resources and learning and development and for executives in a coaching role **STEP-BY-STEP RESUMES For All Human Resources Entry-Level to Executive Positions** Evelyn U Salvador, NCRW, JCTC,2020-05-15 Book Delisted **Training and Development** Rebecca A. (Rebecca Anne) Richards,Certified General Accountants' Association of Canada,2001-03 *Active Training* Melvin L. Silberman,Carol Auerbach,2011-01-19 Since 1990 Mel Silberman s classic book Active Training has been a runaway best seller for trainers at all levels and a popular text for university level courses in adult education and training The active training method which turns the spotlight away from the instructor and put the emphasis on the learner has emerged over time as a proven and reliable method for enhancing involvement learning and change The third edition of Active Training provides a thorough introduction to the core principles of active training design and delivery and includes a wealth

of examples tips and techniques The book has been revised to reflect the latest trends in workforce training and key sections such as assessment and evaluation have been thoroughly updated In addition a completely new chapter has been included to cover the design of active training for e learning and online applications Recent Developments in Recruitment and Selection Kristina Potočník,Neil Anderson,Marise Ph. Born,Martin Kleinmann,Ioannis Nikolaou,2024-10-04 This book brings together top recruitment and selection scholars to discuss recent challenges in employee recruitment and selection underpinned by research evidence from different European countries Broadly speaking recruitment and selection are concerned with attracting qualified candidates to apply for available jobs and selecting the best ones from the pool of available candidates As such they are critical to any business Numerous toolkits and best practice guides exist to help recruiters navigate different stages of recruitment and selection However traditional recruitment and selection practices should be adjusted to respond to diverse challenges in the current and future world of work related with increased volatility uncertainty complexity and ambiguity Specific examples of these challenges are related with the accelerated use of technology and artificial intelligence as well as more flexible work practices such as hybrid and platform based work The chapters in this volume cover the use of technology and gamification applicant discrimination and stigmatization and applicant reactions to technology mediated selection methods among others This book is the ideal text for students scholars and researchers of HRM Business and Management and Organizational Psychology It will also interest practitioners and professionals in the field The chapters in this book were originally published as a special issue of European Journal of Work and Organizational Psychology The Coaching Alliance Windy Dryden,2017-07-14 Windy Dryden s pluralistic approach to coaching informs this uniquely straightforward guide to the coaching alliance Drawing on examples from Dryden s own practice the book explores the four specific domains of the alliance bonds views objectives goals and tasks Dryden explains how these domains are inter related and how all four have an impact on the collaborative negotiated relationship between coach and coachee The Coaching Alliance is a clearly written accessible guide with one chapter dedicated to each of the four domains It examines each domain at different stages in the coaching process and includes key points and questions for coaches to consider in sessions with clients By taking an alliance perspective on coaching the coach is encouraged to think clearly and constructively about building a working relationship with their coachee clarifying views setting goals and completing tasks Including a wealth of practical information this concise book will be essential for anyone working with clients in a coaching capacity Exam Copy Beverly Stanford,Forrest Parkay,2004-02 *Coaching for Change* John L. Bennett,Mary Wayne Bush,2013-10-08 Current research indicates that approximately 70% of all organizational change initiatives fail This includes mergers and acquisitions introductions of new technologies and changes in business processes Leadership is critical in initiating driving and sustaining change to produce business results and executive coaching is the best way to support leaders at all levels Coaching for Change introduces a model for executive coaching that provides the

tools and resources to support leaders in driving organization change In this book a number of coaching and change models are explored with the goal of integrating them into a framework that can be applied to the individual team or organization Bennett and Bush explain the theories behind both coaching and change and include practical sections on developing coaching skills A companion website supports this book as a learning tool featuring a curriculum instructor guides powerpoint presentations and more Coaching for Change is a valuable book for students in coaching change management or organizational development courses as well as professionals who want to develop their skills to drive successful change within their organizations

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