

# SHIRLEY GALLO

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## EDUCATION

### University of Washington

*Bachelor of Arts in Gender, Women and Sexuality Studies*  
*Minor in Nutritional Sciences*

Seattle, WA  
Expected Jun 2024

## EXPERIENCE

### University of Washington Recreation

*Yoga Instructor*

Seattle, WA  
Jan 2022 – Present

- Lead weekly yoga class for college students of diverse backgrounds and skill levels
- Develop and adapt yoga sequences and teach proper techniques to avoid injury

### University of Washington Health & Wellness

*Peer Health Educator*

Seattle, WA  
Apr 2021 – Present

- Facilitate 1-5 workshops per week on health related topics including nutrition, exercise, and stress management; present to audiences both on and off-campus and tailor materials as needed
- Collaborate with 5 team members to organize, coordinate, and market 20+ events for the year
- Disseminate information regarding health resources available to students through presentations and tabling; design and order advertising materials and merchandise from vendors

### University of Washington Volleyball Team

*NCAA Division 1 Student-Athlete*

Seattle, WA  
Jun 2020 – Dec 2021

- Supported team success at competitions through 15 hours per week of training and conditioning
- Developed detailed communication plan regarding team nutrition and hydration goals
- Led engaging tours of campus and athletic facilities for prospective students and families
- Selected as student-athlete panelist for regular visit programs to represent the university

### America SCORES Seattle

*Lead Youth Team Mentor*

Seattle, WA  
Apr 2021 – Jun 2021

- Developed and presented culturally relevant lesson plans to educate and inspire 200 program participants to lead healthy lifestyles
- Encouraged inclusive behavior among students through projects and activities
- Trained and oversaw 5 Youth Team Mentor volunteers on basic health education, effective mentor techniques, and coaching strategies

*Youth Team Mentor*

Summer 2016 & 2017

- Mentored and built relationships with 16 at-risk students at local high school
- Coached team on volleyball techniques and team-building exercises to build confidence
- Increased student writing literacy and academic outcomes by leading 1:1 tutoring sessions

## ADDITIONAL EXPERIENCE

**Student Public Health Association, Member**

Sept 2020 – Present

**Latino Student Union, Member**

Feb 2020 – Present

**Starbucks, Barista**

Jan 2019 – Mar 2020

## RELEVANT SKILLS

**Technical Skills:** Microsoft Office, Google Workspace, Adobe Creative Cloud, Canva, Social Media Marketing, Google Analytics, Salesforce, CRM, QuickBooks, Tableau, Asana, Notion, Marketo

**Organizational Skills:** Event Planning, Motivational Speaking, Stakeholder Communication, Teaching, Relationship Building, Liasoning, Multitasking, Database Management, Resource Development, Training, Presenting and Reporting Data, Budgeting, Customer Service, Fundraising, Outreach, Data Entry