

**JULY 2019**

# EXCEPTIONAL EMPLOYEE



## **CHASE WILLS**

**Team Wellness Program Manager  
Fitness Service Associate**

Woodbury, MN

Kinesiology/Pre-Chiropractic

Junior

**How long have you worked for Wellness & Health Promotion?**

10 months.

**What skills have you learned working at the Wellness Center that you will take with you in your future career?**

I have developed one-on-one interpersonal skills working with assessment clients, computer skills from my program manager work, and a greater understanding of how a business operates.

**What is your greatest accomplishment?**

Finding my passion and career path at a young age and developing my skills in areas that will help me accomplish my future goals.

**What do you do outside of work and school?**

I have played acoustic and electric guitar since I was about 7 years old. I enjoy lifting weights and plan on competing in powerlifting in the future. I am also very passionate about martial arts; I used to train boxing and Brazilian jujitsu and enjoy keeping up with those sports

**What is your favorite quote?**

“Self-discipline is the root quality that will improve every aspect of your life.”

- Jocko Willink