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