




ALLISON HAFERMAN

HEALTH AND WELLNESS PROMOTION

CONTACT

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 Wisconsin Rapids, WI 54494

EDUCATION

UWSP

Family and Consumer Sciences

2022 - TBD

MID-STATE TECHNICAL COLLEGE

AAS Health and Wellness Promotion

2020 - 2022

MID-STATE TECHNICAL COLLEGE

Respiratory Therapy

2018 - 2020

SKILLS

Leadership Initiative

Teamwork and Collaboration

Strategic and Creative Thinking

Program Design, Development, and
Implementation

Motivational Interviewing Skills

Mental Wellness and Stress Management

Trauma-Informed Practice

Emotional Safety and De-escalation

CPR/AED Certification Current

Certified Group Fitness Instructor

Certified Health Coach - May 20, 2022

SUMMARY

I am an experienced leader and emerging health and wellness professional. As an agent of change, I am motivated to work independently and collaboratively to support individuals, organizations, and communities using evidence-based best practices that promote holistic health, wellness, and resilience.

EXPERIENCE

SOCIAL EMOTIONAL LEARNING INTERN

Youth Enrichment Services, Boys and Girls Club of Portage Co.

January 2022 - April 2022

- Modeled approachable, kind, and responsible behavior
- Promoted safe, inclusive, and fun programming focused on diverting low-risk youth from the youth justice system.
- Completed BGCA training in child abuse prevention, mandated reporting, and grooming prevention.
- Achieved Youth Development Professional certificate through Spillett Leadership University - Foundation Level v3.04.20.

WELLNESS ASSOCIATE

YMCA of Wisconsin Rapids

May 2021 - December 2022

- Led facility tours for new and prospective members
- Facilitated member orientation for safe use of equipment.
- Maintained clean, safe, and positive member experiences

TRAINING STORE MANAGER

Hot Topic

March 2001 - June 2018

- Hire, train, and retain talent to achieve sales goals through teamwork, customer service, productivity, inventory, and resource management.
- District trainer and recruiter
- Managed high volume locations with more than 20 staff members