

## Knowledge & Skills

I have a strong foundation in social-emotional development, trauma-informed practices, and behavior management across all age groups. I'm experienced in recognizing and responding to a variety of mental health needs, including anxiety, emotional regulation challenges, and behavioral concerns, using practical, strengths-based approaches. I've led group sessions and trainings where I break down topics like emotional wellness, coping skills, and communication in ways that are engaging and easy to understand.

I'm skilled at building rapport with people from diverse backgrounds, de-escalating challenging situations, and creating safe, supportive environments where individuals feel comfortable and supported. I've also worked closely with multidisciplinary teams and nonprofit organizations, and have experience leading staff trainings focused on mental health awareness, effective communication, and supportive response strategies. I'm organized, adaptable, and passionate about helping individuals and communities grow and thrive.

What knowledge or skills do you possess that would contribute to the Board/Agency to which you are requesting to be appointed?

**Please list the Board/Agency that you have been or are currently a member of:**

Boys and Girls Club of South Georgia (Mental Health Coordinator)

## Extra Activities & Community Organizations

Greater Valdosta United Way (Contracted Mental Health Professional); LAMP; Lakeland Church of Christ; The Haven; Camp Rock

Please list any extracurricular activities and/or community organizations you are affiliated with.