

Cheryl Lyn Saunders, M.Ed., CHES

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CAREER SUMMARY / OBJECTIVE

I am passionate about health education and recently changed the direction of my career (from a Web/Graphic Designer) in order to chase those passions. I made the decision to return to school and graduated in December 2018 with a Bachelor's Degree of Integrated Studies in Health Promotion, Nutrition Education, and Child and Family Studies. I am currently enrolled in a Master's (M.Ed.) in Health and Wellness program. I am a Certified Health Education Specialist (CHES). Professionally, I've worked as a Web Designer for more than ten years. I've run my own small business and have experience managing small teams. Equipped with a passion for health education, and my new degree, I want to find a job where I can directly influence the health and well-being of my community.

CERTIFICATIONS

- Certified Health Education Specialists (CHES)
- AEL Utah Teacher License - Health Education, 6th-12th Grade
- ACE Group Fitness Certification
- ACE Weight Management Specialist
- First Aid, AED, and CPR Certified
- Member of American School Health Association (ASHA)

EDUCATION

American College of Education

Master's (M.Ed.) in Health and Wellness Education
Dec 2021

Weber State University

Bachelor's - Nutrition Education, Health Promotion, &
Child/Family Studies (Integrated Studies) Dec 2018
4.0 GPA

EDUCATION HIGHLIGHTS

- Phi Kappa Phi Honor Society
- Summa Cum Laude
- Dean's Honor Roll – 9 semesters
- President's List for high GPA at SLCC

PROFESSIONAL EXPERIENCE

Salt Lake City School District; Physical Education Teacher Nibley Park K-8th 2019 - Present

- Made a daily impact on the lives of 350 K-8th students by **teaching physical health** at Nibley Park
- **Focused on teaching a different sport each week** so that the children could get a wide range of experiences
- **Measured increases through fitness assessments** for pacer, push-ups, sit-ups, and stretching for the higher grades.
- Created **school-wide monthly fitness challenges** to increase physical activity outside of school
- Applied and Awarded **four equipment grants** for the physical education programming and intramural sports

Salt Lake City School District; Substitute Teacher 2019

- **Monitoring classrooms in middle and high schools** in the absence of their traditional teacher

Coaching Kitchen SLC; Owner & Instructor 2019 - Present

- Successfully created, implemented, and taught an **innovative summer camp** for children ages 10-16 that was focused on nutrition and kitchen skills
- Designed and **authored curriculum** for all classes
- Positively influenced the **eating behaviors of twenty children** through daily lessons on nutrition
- Presented **adult nutrition and cooking** lessons at the Glendale Library
- Managed tasks, marketing campaigns, new customer acquisitions, scheduling, budgeting, and payroll

Playworks; Coach 2018 - 2019

- Made a daily impact on the lives of 400 students by **teaching social-emotional skills** at Mill Creek Elementary (Title I / Dual Immersion)
- Mentored a team of 15 fifth and sixth graders in order to help them **become student leaders/coaches**.
- Organized and taught 400 students **character education through fair play**, activities, and sports
- Innovated and implemented a **school-wide incentive program** to promote positive social behaviors and rule-following
- Taught **real-life nutrition** and kitchen skills to 15 fifth and sixth grade students

Newchi Web Design; Owner, Web/Graphic Designer 2013 - 2018

- Designed and **authored content for a health-related website**

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- Illustrated **medical diagrams** published in the book *Memory's Last Breath: Field Notes on My Dementia*
- **Designed, coded, and maintained websites** for several high-profile clients that provide services for celebrities
- Successfully managed projects, marketing campaigns, new customer acquisitions, budgeting, and payroll

Until It Happens; Co-Owner, Web/Graphic Designer 2012 - 2016

- **Designed, coded, and authored a website** that provided services to future and current mothers.
- Researched and **authored pre/postnatal educational content**
- Managed a team of two people: payroll, timekeeping, project management, performance reviews
- Increased annual site conversion by 55% and site visitors by 200,000 users from 2013 to 2014

VOLUNTEER EXPERIENCE

Community Caring Volunteer 2019 - 2020

- **Taught anti-bullying lessons at Clayton Middle School** through the community caring volunteer program

Girls on the Run; Coach 2018 - 2020

- Completed 200 volunteer hours. **Positively impacted the lives of 45 girls** by teaching them ways to improve their **self-esteem, self-efficacy, social health, and physical health**. Wrote a literary review of the program that included an evaluation showing a connection between self-esteem, self-efficacy, social health, and physical health. **Designed and authored a nutritional pamphlet** about healthy eating to improve physical performance.

Red Butte Gardens Summer Camp - Instructor 2018

- Made a positive difference by demonstrating empathy and optimism while completing 40 hours of volunteer service as a classroom assistant at **garden cooking classes** for approximately 25 children.

Programming Club; Teacher 2016 - 2018

- Helped 20 students **develop analytical skills** by volunteering as a teacher at an after-school programming club. Completed 40 hours of volunteer service.

Liberty Wells Community Garden; Planning Committee Member 2016 - 2018

- Helped turn an unused public space into a community garden. Completed more than 60 hours of volunteer service helping to **plan and cultivate community garden** spaces in the Liberty Wells area.

Parent Classroom Volunteer 2012 - 2019

- Volunteer in classrooms at South Jordan Elementary, Jordan Ridge Elementary, Whittier Elementary, Hawthorne Elementary, and Clayton Middle School. Assisting with **reading rotations, classroom parties, teaching community caring lessons, and administrative work**.

SKILLS & HOBBIES

- Teaching, Mentoring, and Coaching
- Nutritional Evaluations and Analysis
- Energy Calculations
- Diet planning
- Coaching Behavior, Dietary, and Lifestyle Modification Recommendations
- Stress Management Education
- Assess Needs, Resources and Capacity for Health Education/Promotion
- Plan Health Education/Promotion
- Implement Health Education/Promotion
- Conduct Evaluation and Research Related to Health Education/Promotion
- Administer and Manage Health Education/Promotion
- Serve as a Health Education/Promotion Resource Person
- Communicate, Promote, and Advocate for Health, Health Education/Promotion, and the Profession
- Public Health Knowledge
- Child and Adolescent Nutrition
- Software: Microsoft Office, Powerschool, Canvas, Adobe Creative Suite
- Web Skills: HTML, CSS, Infographics, Website Administration, User Experience Design
- Time management and organizational skills demonstrated by concurrently working while still maintaining a high GPA
- Personal Hobbies: Meal planning, cooking, hiking, running, and gardening