
BRIANNA HAWK

Located in Ridgewood, NY
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OBJECTIVE

To be employed in a private practice setting clinically working with clients of different backgrounds while completing 3000 hours of post-graduate supervision to obtain full licensure of LMHC.

SKILLS

Sales Leadership, Teaching, Client Retention, Customer Service, Mental Health Interventions and Psychoeducation, Emotional Intelligence, Fitness, Yoga, Professional Dance, Holistic Wellness.

Software proficiency: Therapy Appointment, MindBody, Salesforce, Google, Microsoft, Millennium, Square.

WORK EXPERIENCE

MENTAL HEALTH COUNSELOR/INTUITIVE HEALING PSYCHOTHERAPY PRACTICE

2024

Providing both individual and couples counseling. Using therapeutic orientations including ACT, IFS, relational, psychodynamic modalities to work with clients experiencing a wide variety of symptoms and concerns. Other responsibilities include case notes, creating treatment plans, attending group and individual supervision, and referrals.

ADVANCED CLINICAL RESIDENT/THE SOHO CENTER FOR MENTAL HEALTH COUNSELING

January 2024-Present

Using information and knowledge learned from graduate school to provide therapy and counseling under supervision to clients in need of mental health support and treatment. Requires continuing education of different therapeutic interventions and frameworks. Duties also entail proper documentation to insurance companies, creating treatment plans, participating in mock sessions, and attending weekly individual and group supervision sessions.

LIFE SKILLS FACILITATOR/YAI DISABILITY

March 2023-January 2024

Facilitates weekly meetings for children, adolescents, and adults with Autism to assist with developing and enhancing life skills that focus on judgment, decision making, risk-taking, problem-solving, and self-advocacy. Group topics include money management, community safety, self-care, relationships, and more.

GROUP FITNESS INSTRUCTOR/CHINATOWN YMCA

February 2023-Present

Instructs students ages 50-90 years old through group exercise including yoga, weight training, chair exercise, and chair yoga. Provides physical alignment and breath cues, hands on adjustments, and correcting form.



CONTINUED EXPERIENCE...

YOGA AND SOMATICS INSTRUCTOR/ONEYOGAHOUSE

March 2023-Present

Guides students through yoga and somatic practices. Provides physical alignment and breath cues, hands on adjustments, and insight on the philosophy behind Yoga. Responsibilities also include making sure the studio is prepared for when student arrives, checking in students, recording payments, getting liability waivers signed, etc.

YOGA AND SOMATICS INSTRUCTOR/BABY COBRA YOGA

March 2023-Present

Guides students through yoga and somatic practices via donation-based classes. Provides physical alignment and breath cues, hands on adjustments, and insight on the philosophy behind Yoga. Responsibilities also include making sure the studio is prepared for when student arrives, checking in students, recording payments, getting liability waivers signed, etc.

SENIOR MEMBERSHIP ADVISOR/EQUINOX TRIBECA

April 2021-November 2022

Responsible for exceeding individual sales goals, renewals and ancillary service goals by pre-planning the month with strategic outreach, in-club lead generation, and securing member referrals through events. Worked directly under the General Management and with the support of a Regional Sales Manager while leading my sales team to earn revenue. Displayed, had knowledge of and participated in all the club's services, programs, and products. Had the strong ability to build rapport and lasting relationships with prospective and current members in order to build a strong referral base and retain members. **I was named top 25 Sales Advisors globally in my first 6-months.**

EDUCATOR/STANDARD DOSE

October 2019-April 2021

Role was to educate and assist customers who are seeking knowledge on our curation of plant-based and CBD products and supplements, while promoting a holistic experience within the brand. Elaborates on regime and practices for healthier lifestyle choices along with the benefits and foundations of meditation and yoga. Other responsibilities include operating storefront alone, sales, E-commerce customer service, and inventory.



ASSISTANT TO CEO AND COMMUNITY CENTER ASSISTANT/GIBNEY DANCE

September 2019-March 2020

After completing a 3-month internship, was promoted to the role of Temporary Assistant to CEO and Executive Director of Gibney Company, Gina Gibney. Responsibilities included: Assisting with preparations around the upcoming expansion of the company, assisting the Community Action team while taking part in the Institute for Community Action Training, creating marketing outlines and archives. drafting emails, archiving fiscal reports, assisting at board meetings and fundraising events, conducting research on both international and national dance organizations.

SPA ASSOCIATE/HAND AND STONE

December 2017-May 2019

Philadelphia, PA

Front desk associate for massage and facial therapy and services. Responsibilities included scheduling appointments, managing incoming calls, instructing clients on packages, memberships, and background and personal styles of therapists and/or estheticians; Utilized written and oral communication to relay instructions and procedures to clients as well as provide coworkers with information regarding spa operations, attained minimum of bi-weekly membership sale goals; In charge of training new employees on procedures, policies, and equipment.

DANCE INSTRUCTOR/TIFFANY DANCE ACADEMY

September 2013-June 2018

Taught students between ages 5-18 years of age using various dance styles and methodologies from beginner to advanced level. Responsibilities included developing curriculum and preparing lesson plans to promote technique efficiency and foster mutual engagement amongst students, evaluating student performance and providing recommendations for improvement while motivating students to set and reach their goals, choreographing group and solo works, working closely with director to plan activities and routines. Developed understanding of class management, teaching methods, and childhood physical development.



EDUCATION

MS CLINICAL MENTAL HEALTH COUNSELING/IN PROGRESS

Capella University

Curriculum contains the legal and ethical practices, theoretical orientations, and research of present-day Mental Health Counseling and Psychotherapy practices.

BFA DANCE/MAY 2019

The University of the Arts

Graduated with a 3.8 GPA receiving the character award for “Mutuality”. Coursework included dance pedagogy and performance, dance technique and methodologies, movement research, somatic, dance composition, writing, Buddhism, psychology, art history and theory, etc.

DANCE MAJOR- HIGH SCHOOL/2015

OCVTS Performing Arts Academy

Graduated with a 3.9 GPA as Vice President of Class and was the award recipient for Outstanding Achievement in Dance. Other clubs and responsibilities included: President of Dance Club, Assistant Choreographer for Spring Musical, Student Council, Performance Troupe, and National Honors Society for Dance Arts.

LEADERSHIP/CERTIFICATIONS

200 Hour Yoga Teacher Training Certification/2022

The School of Yoga Institute Sacred Valley Peru

Scholarship Recipient

Institute for Community Action Training/2020- Gibney Company

Mental Health First Aid Training/2019- Thrive NYC

Moving Minds Workshop Volunteer Assistant/2019- Moving Minds

Leadership Scholar/2019- American Dance Festival

National Honors Society for Dance Arts/2014-2015- OCVTS Performing Arts Academy