

**Kristin Miller**

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Demo Reel: <https://vimeo.com/813991669>

## **PROFESSIONAL SUMMARY**

Character animator and former professional athlete with 10+ years of experience at the intersection of movement and performance. Accomplished measurable results while leading teams of 4-8 individuals in dynamic, high pressure environments. Possess a comprehensive background in creative leadership, production, and content creation derived from executing for a global, results driven digital brand. Possesses a meticulous eye for detail, coupled with extensive knowledge in form, timing, and technique. Recipient of multiple awards for outstanding performance, including a fourth place finish at the CrossFit Games. Career supported by demonstrated work ethic.

- Autodesk Maya ● Producer ● Content Management
- Adobe Suite
- Microsoft Office Suite
- Digital Strategy
- Team Building

## **EXPERIENCE** ●

Performance ● Movement

## **PROFESSIONAL**

## **EDUCATION BREAK – Remote 2021 – 2023 Student at Animation Mentor**

- 3D Character Animation Graduate

## **MAYHEM NATION – Cookeville, TN 2018 – 2020 Team Leader/Professional Athlete**

- Led multiple, diverse teams to podium placements worldwide to include winning the Australian CrossFit Championships, taking third at the French Throwdown, and placing fourth at the 2018 CrossFit Games ● Onboarded and mentored new teammates to CrossFit Mayhem's world-renowned standard of performance, mindset, and ethos
- Trained daily alongside Rich Froning, CrossFit's most decorated athlete who is universally recognized in the media as the "Fittest Man on Earth"
- Facilitated multi-day retreats through "Train with Rich" camps, bridging the gap between the everyday and elite athlete through an immersive experience in physical training and ethos of a high-performing, professional athlete
- Appeared regularly as a featured presence in countless YouTube videos, ranging from sporadic lifestyle features to specific episodic series around fitness
- Regarded as a global, subject matter expert in fitness, movement, and performance, having appeared in numerous media outlets, domestically and internationally

## **Froning and Friends Podcast- Producer and Co-host**

- Produced, facilitated, and/or co-hosted 100+ episodes of a best in class podcast, entitled Froning & Friends; these episodes have 3.5M+ views on a Youtube channel with 300k+ subscribers, and this podcast exists in perpetuity on numerous platforms in addition to Youtube, such as Spotify and Apple

**Social Media Manager**

- Crafted compelling, on-brand content across multiple platforms for internationally recognized brands under the CrossFit Mayhem banner, driving followers to 1M+ on Instagram alone
- Developed and executed social media strategies in an effort to build and foster a highly engaged community across the globe

**Professional Photographer**

- One of two professional photographers for the CrossFit Mayhem brand, capturing artistic, movement-based imagery of some of the most elite athletes in the world
- Responsible for all post-production of own photos, before use in social media and various other mediums

**SELF-EMPLOYED PROFESSIONAL ATHLETE – Aurora, IL 2011 – 2018** ● Competed as a professional athlete in CrossFit, sponsored by numerous brands. Recipient of multiple awards for outstanding performance

**iFLY INDOOR SKYDIVING – Naperville, IL 2014 – 2017 Trainer**

- Led and supervised teams of six per shift in a high-stress, high-pressure environment, delivering safe and exciting customer experiences
- Developed and implemented training plans to advance the skills of other instructors, fostering a safe and positive learning environment

**Instructor**

- Trained groups of up to 12 clients per session, aged 3 to 100, to fly in wind speeds up to 160 miles per hour while mitigating risk to optimize their safety and enjoyment
- Marketed iFLY products and services, including return flyer vouchers, additional flight rotations, and media

**EDUCATION**

3D Character Animation, Animation Mentor– 2021-2023, Graduated  
General, The School of the Art Institute of Chicago– 2016-2017, Select Classes  
Associate In Science, Biology, Waubensee Community College – 2006, 60 Credits Completed