

# Curriculum Vitae

**Name:** Nadiah Beauford  
**Current Address:** Jersey City, NJ

**E-mail:** [Nadiahtb@gmail.com](mailto:Nadiahtb@gmail.com)

## Education

2023 B.S., Biochemistry, Arizona State University, Tempe, AZ.  
2019 Horizon High School, Scottsdale, AZ.  
2015-2018 La Cueva High School, Albuquerque, NM.

## Awards and Honors

2023 Magna Cum Laude, Arizona State University, Tempe, AZ.  
2020 – 2023 Dean's List, Arizona State University, Tempe, AZ.  
2019 – 2020 Dean's List, University of New Mexico, Albuquerque, NM.  
2018 State Champion - Marketing Management Team Decision Making, DECA State Career Development Conference, Albuquerque, NM.

## Memberships

2022 – 2023 Inclusion, Diversity, Equality, and Advocacy in Science (IDEAS), Arizona State University, Tempe, AZ.  
2022 – 2023 Pre-Medicine Association, Arizona State University, Tempe, AZ.  
2021 – 2022 National Honor Society  
2017 – 2018 Spanish Honors Society, La Cueva High School, Albuquerque, NM.  
2015 – 2018 Distributive Education Clubs of America (DECA) , La Cueva High School, Albuquerque, NM.

## Volunteer / Shadow Opportunities

2024 Dermatologist Shadowing. Essential Dermatology Group. Bedford, TX. Dr. Calvin Williams. I observed Dr. Williams as he engaged with a diverse array of patients, showcasing complex dermatologic conditions. I had the opportunity for hands-on experience with various cases, gaining insights into treatment efficacy across different skin pigments. Dr. Calvin was an invaluable resource for insights and encouragement about medical school, enriching my understanding of a physician's daily life in practice.  
2023 Million Meals Event. Cathedral Catholic High School. San Diego, CA. Catholic Diocese of San Diego. I collaborated with eight others to create meal packages, filling, labeling, sealing, and preparing them for shipment to the less fortunate in Tijuana and Zambia . This experience highlighted the importance of teamwork and created connections among strangers in a righteous cause.

## Extracurriculars

2018 – 2019 Horizon Varsity Cheerleading, Horizon High School, Scottsdale, AZ.  
2015 – 2018 La Cueva Varsity Cheerleading, La Cueva High School, Albuquerque, NM.

## Other Interests/Hobbies

Yoga, exercising, running, travel, hiking, and spending time with family.

## Work Experience

2024 - Present Independent Yoga and Fitness Instructor. **Sacred Soul Yoga Studio. PrimeLife Pilates. SPENGA.** Fort Worth, TX. I engage in open conversations with clients to

foster a welcoming and lasting personal connection. Always inquiring about any injuries to ensure a safe practice through modifications. With a strong understanding of anatomy, I design classes targeting specific muscle groups while continually advancing my education to better guide individuals.. During one-hour sessions, I create a calming and encouraging atmosphere using only music and my voice. Effectively articulating movements to optimize stretching and strength while teaching mindfulness and breathwork techniques.

2024 Program Manager, **gloYoga**. I managed on-site studio operations and staff, focusing on collaborations with small businesses in underserved areas to enhance community engagement. I addressed staff concerns professionally and communicated updates on events and procedures to the team. Additionally, I oversaw the internship program, training interns in front desk operations, studio maintenance, and client engagement. Utilizing business software, I ensured consistent client outreach and promoted business growth. I evaluated business strategies by analyzing studio data for leadership presentations and created impactful promotional visuals for social media. Our collective efforts fostered a welcoming atmosphere that encouraged client involvement and strengthened community ties.

2023 Public Health Analyst. **Initium Health**. I conducted comprehensive case studies on non-police responses to mental health and substance abuse crises to advance public health initiatives. Through an extensive review of government and organizational literature, I analyzed the prevalence of mental health conditions at the county level and assessed the impact of physical and social determinants on access to care. This work prompted the production of insightful and meticulously crafted reports on these critical issues. Additionally, I evaluated healthcare resource distribution, health indicators, and immunization rates. Leveraging databases, I created clear and informative statistical visual presentations for leadership, facilitating informed decision-making.

2019-2021 **Restaurant Experience**. I consistently delivered exceptional customer service through warm interactions and efficient order-taking. These roles sharpened my communication, active listening, and problem-solving skills while helping me maintain composure in a fast-paced environment. I also learned to leverage information literacy to present new information to customers with confidence and clarity.

- 2020-2021. Lead Server, **Kona Grill**.
- 2020. Hostess, **Half Moon Sports Grill**.
- 2020. Team Member, **Chick-Fil-A**
- 2020. Food Courier, **Postmates**.
- 2019-2020. Shift Lead, **Rita's Italian Ice**.

2018-2019 Sales Associate. **Bed, Bath, and Beyond**. I maintained educated on inventory by staying informed about new and existing merchandise, while honing my interpersonal skills to understand customer needs. I processed transactions, returns, and refunds while utilizing the company database to track stock levels and locations, utilizing deductive reasoning to identify what customers were seeking.