



CLIFTON STRENGTHS

Positivity
Strategic
Connectedness
Adaptability
Developer

VOLUNTEERING

CENTER FOR POSITIVE AGING

Copywriter/
Interviewer
March 2024 –
Present

PASSION PROJECTS

THE HUMANITY PROJECT

One hour
conversations with
strangers to learn
about their life
experiences

HUMANS MEETING HUMANS

A community group
for strangers to meet
and talk about each
other's lives and
shared experiences

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OBJECTIVE

Create experiences and spaces to for people to witness themselves and others in limitless authentic expression

PROFESSIONAL EXPERIENCE

STEEP EXPERIENCES

Jan 2024 - Present

Creator

steepexperiences.com | Portland, OR

- Facilitator of small-group experiences intended to support others in redefining their relationship to self, others, and the world
- Create a safe space to explore the uncomfortability of the unknown

RESCUE AGENCY

May 2022 - June 2023

Associate Copywriter

rescueagency.com | San Diego, CA

- Conceived campaign ideas for 32 state and federal public health clients that drove over 25M social media engagements
- Wrote copy for social media assets, websites, campaign scripts, and out of home media

+ME PROJECT

Aug 2021 - May 2022

Facilitator, Curriculum Development

theplumeproject.com | Los Angeles, CA

- Empowered youth by teaching the art of storytelling through reflection of their own personal struggles and successes
- Implemented the PLUS ME curriculum in middle and high schools to help students build a personal narrative for a future in college and a career

EDUCATION

ESALEN INSTITUTE

July 2023 - Sept 2023

Residential Education Extended Program

Big Sur, CA

- Participated in a 3 month work, live, study program
- Facilitated workshops and gained education of Gestalt Practice, Tibetan Meditation, and creative embodiment practices

UNIVERSITY OF MARYLAND

2016-2020

Social Influence Major, Entrepreneurship and
Sustainability Minor

College Park, MD