Better Health Wellness Center

Human Resources

307 Rehab Ln.

Bridgewater, VA. 22812

Dear Dr. Jones,

I am writing to express interest in the open position of Wellness Instructor at Better Health Wellness Center. I am currently finishing my Bachelors degrees in Health & Exercise Science and Spanish at Bridgewater College (VA.), and I am seeking employment in the area.

As you can see in my attached resumé, I am completing my degree in Health & Exercise Science and Spanish. Furthermore, I have experience working as a group fitness instructor, running a yoga class for students at Bridgewater’s fitness center.

Beyond my education and experience related to fitness instruction, I also have experience with intercultural communication via Spanish and ASL classes in America, as well as spending two months in Vigo, Spain. It is important to me to maintain consideration for others regardless of their differences to me and to strive for inclusivity in all that I do.

You will find me to be a thorough, creative, communicative, and hard-working employee. I also have a drive to learn more in order to best serve clients. I would not approach this job as just a checklist to be completed but as an opportunity to engage with those who use the Wellness Center in order to create a positive and productive experience.

I would be happy to talk with you further about this job opportunity and how I may be a good fit for working at Better Health Wellness Center. Please feel free to contact me via email at [rpetterson@eagles.bridgewater.edu](mailto:rpetterson@eagles.bridgewater.edu) or phone at 888-888-8888.

Best regards,

Rachel Petterson

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| **Education** | | | |
| **B.S. Health & Exercise Science and Spanish** | | | To be Completed **May 2021** |
| **Flory Honors Fellow, GPA: 3.8/4.0**  **Bridgewater College**--Bridgewater, VA. 22812  12 U.S. Credits from Universidad de Vigo Communications Department and Languages Center-- Vigo, Spain | | | |
| **Particularly Relevant Coursework** | | | |
| **Group Fitness Instruction** | | | **Fall Semester, 2018** |
| Instructor: Lori Schrock, Bridgewater College—Bridgewater, VA.  Grade: A | | | |
| **Principles of Health and Physical Fitness** | **Spring Semester, 2019** | | |
| Description: *Practical experience in evaluation of physical fitness and its application to the implementation of safe and effective exercise training programs.*  Instructor: Dr. Kyle Kelleran, Bridgewater College—Bridgewater, VA. | | | |
| **Past Employment** | | | |
| **Group Fitness Instructor (Yoga)** | | **September 2019-present** | |
| Funkhouser Center, Bridgewater College--Bridgewater, VA. | | | |
| **Kitchen and Farmers Market Assistant** | | **June-August 2018** | |
| Geena’s Pies--Round Hill, VA. | | | |
| **General Biology Tutor** | | **October 2017-May 2018** | |
| Bridgewater College--Bridgewater, VA. | | | |
| **Certifications** | | | |
| **CPR/AED Certified** | | **September 2019-present** | |
| **Awards** | | | |
| **President’s Merit Award** | | **September 2017-May 2021** | |
| 4-year full-tuition scholarship, Bridgewater College--Bridgewater, VA. | | | |
| **Ruth and Steve Watson Award** | | **September 2020-May 2021** | |
| 1-year scholarship for performance in Philosophy and Religion Department, Bridgewater College--Bridgewater, VA. | | | |
| **Extracurricular Leadership** | | | |
| **Las Águilas (Spanish Club)** | | **September 2020-May 2021** | |
| Co-Founder, President for Designated Years, Bridgewater College--Bridgewater, VA. | | | |
| **BC Allies (LGBTQ+ Club)** | | **September 2020-present** | |
| Co-president , Bridgewater College--Bridgewater, VA. | | | |

## Additional Skills

* B2 Spanish level
* Intercultural communication experience via Spanish courses and semester abroad in Vigo, Spain in Spring 2020
* Strong creative problem solving and critical thinking skills
* Music experience via extensive violin and choir involvement
* Introductory knowledge of American Deaf culture via one full-year ASL course at Woodgrove High School and one semester-long course at Bridgewater College
* Comfortable with public speaking
* Highly proficient at writing emails, scheduling, and coordinating with others
* Professional demeanor and respectful communicator
* Willing and able to learn new skills and apply them readily

**References**

Lori Schrock (Funkhouser Center Manager)

[lschrock@bridgewater.edu](mailto:lschrock@bridgewater.edu)

540-828-5712

Dr. Kyle Kelleran (Associate Professor, Department of Health & Exercise Science)

[KKelleran@bridgewater.edu](mailto:KKelleran@bridgewater.edu)

540-828-5714