

Objective: Support impact through great communication. Part artisanal wordsmith, part empathetic customer care whiz, I facilitate communication that engages your audience and shares your vision. My aim is to support non-profit endeavors and socially conscious for-profits by helping them build relationships, spread the word, and foster movements for a better world.

Work (A Sampling):

Bonaverde – Bonaverde is on a mission to build a revolutionary, transparent direct-trade marketplace, catalyzed by the world’s first roast-grind-brew coffee machine. I started working with the crowdfunded start-up in June 2015, writing a few blogs and website content assignments. My role has since evolved to encompass both customer care and communications. Often referred to within the team as “the voice of Bonaverde,” I write blog posts, Kickstarter updates, and both intra-company and customer-oriented communications. I also manage their social media accounts and engage with customers on Kickstarter, social media, and through e-mail. As I’m often the one charged with bearing bad news, I’ve become quite adept at employing transparency, empathy, and clarity for effectively communicating with the pleased and disgruntled alike.

For a keyhole view of the wide-scope of my work with Bonaverde, check out [these four Kickstarter updates](#).

Vivial - Vivial, formerly LocalVox, is an online platform that helps small businesses reach their customers through outstanding content. I’ve been contracted to Vivial since September 2015, writing keyword-centered pieces on everything from landscaping services to bikini waxes. In August 2016, the second month of the company’s “writer of the month” initiative, a dental care piece I wrote was selected, thanks to it’s “engaging, informative, creative” content, as well as the “great job transitioning between topics and explaining concepts clearly.”

EntrepreneurWiki.com – Since September 2014, I’ve served as a contributing writer for this new website. The site creates profiles of successful entrepreneurs, offering their experience as a source of inspiration to aspiring enterprisers. I research and write these profiles, occasionally with input from the entrepreneurs themselves. (Highlight: 90-minute phone chat with Wally “Famous” Amos.)

A few samples: [Rick Mast](#), [Robert Pasin](#), [Chelsa Crowley](#)

AshtangaNica/It’sYoga Nicaragua – I worked with Catarina Lacayo of yoga teacher training school AshtangaNica from October 2014 until March 2016. My work mainly centered around creating content for the program’s blog, with a focus on informative,

quality content that also piques readers' interest in the business. In Spring 2015, I also helped rework the program's teacher training manual.

Two examples: One [yoga geek piece](#), one inspiring [student story](#)

SaltedScarletry.com – The Yoga Woman series, a small series of pieces on the intersection of feminism and yoga, was my passion project contribution to this site. It included [this somewhat-viral piece on yoga phenom Kino MacGregor](#).

(More samples available by request - or check out my [website](#) for more insights and info)

Education:

University of Hartford – The Hartt School. BFA-Actor Training, Minor in Gender Studies. Graduated *summa cum laude* May 2011.

Interlochen Arts Academy. Theater Major. Graduated May 2007.

Other things:

Yoga. I do a lot of it. In particular, Ashtanga yoga. I've been a student of R. Saraswati Jois at the KPJ Ashtanga Yoga Institute in Mysore, India since 2012. I made my fourth trip to practice under her in September 2014, returning after six months in April 2015. During that time, I had the honor of being asked to assist, and spent four months learning and helping under her eye. I will be returning for my fifth trip, a two-month stay, in late October 2016. In between, I practice with Ashtanga North, a grassroots practice community I helped found in August 2014.

Travel. In 2012, I spent an entire year traveling. Experiences were had, stories were amassed, eyes were opened. It was nothing like *Eat, Pray, Love*.

Languages. I speak French that my Francophone friends would call *amusant, mais fonctionnelle* (amusing but functional.) I also can make some simple sentences in Kannada, which is really helpful only if you're visiting South India's Karnataka state.

References available upon request.