



ELIZABETH MONIQUE RIVERA

MYOQI ATHLETICS, L.L.C.

OBJECTIVE

Leveraging my background in massage therapy and commitment to optimizing human performance, I seek to expand my skill set in esthetics, exploring techniques that promote recovery and overall physical well-being.

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EDUCATION

Massage Therapy Career Technical Certification

Class of 2024

- Miami Dade College
- Miami, FL

Bachelor of Science in Kinesiology (Performance) Minor: Sport Management

Class of 2021

- Northern Illinois University
- DeKalb, IL

Associate of Arts in Kinesiology

Class of 2018

- Tarrant County College
- Fort Worth, TX

SKILLS

- Customer service
- B2B/B2C Sales
- Time management
- Inventory management
- Event planning
- Account management
- Social media marketing
- Spanish proficiency

PROFESSIONAL LICENSURE & CERTIFICATIONS

Licensed Massage Therapist

May 2024 - FL License #: MA105130

ACSM-Certified Personal Trainer

July 2020

USA Weightlifting Level 1 Coach

October 2022

BPS M.A.S.S. Certification

December 2021

PROFESSIONAL EXPERIENCE AND TRAINING

MyoQi Athletics, L.L.C.

Miami, FL

Massage Therapist & Performance Coach

April 2019 - Present

- Developing custom fitness and nutrition programs for virtual and local clients
- Coaching various forms of group and 1:1 fitness training, including strength training, bodybuilding, speed and agility training, functional fitness, and yoga
- Counseling clients throughout their fitness programs to ensure they are progressing safely throughout different phases of their periodization cycle
- Creating informative social media content, including instructional videos, to serve as public health information and as promotion of my products and services

Iron University

Hallandale Beach, FL

Administrative Specialist & Performance Coach

July 2022 - January 2023

- Direct selling of gym memberships and IU merchandise
- Developing personalized client fitness programs
- Coaching clients throughout exercise sessions
- Managing master inventory and e-commerce order fulfillment
- Social media content creation marketing fitness programs and IU merchandise

Bommarito Performance Systems

Davie, FL

Client Relations Specialist & Performance Coach

January 2022 - May 2022

- Direct selling of gym memberships, personal training services, nutritional supplements, massage services, and BPS merchandise via Mindbody Online CRM
- Identification of new prospects through social media and website referrals along with self-prospecting efforts
- Administration of biometric testing, including the Functional Movement Screening (FMS) and ProteusMotion power production assessments
- Coached clients during private and group strength training and field/turf training
- Created custom professional athlete online training programs using the Exercise.com platform for athletes training remotely
- Social media content creation promoting featured athletes and BPS programs.

Miami Marlins

Miami, FL

Inside Sales Executive

August 2021 - January 2022

- Assisted B2B/B2C clients with securing group outing experiences, premium suites, and partial or full season Marlins Membership season ticket packages
- Met with clients and prospects at loanDepot Park and via teleconference to discuss potential options available at the ballpark based on their needs
- Utilized Tickets.com ProVenue software and Microsoft Dynamics 365 CRM to maintain detailed client records, access ticket inventory and fulfill orders
- Provided superior client experience for fans at ballpark or during community service with the Marlins Foundation
- Promotion of the Marlins franchise and loanDepot Park events via social media.