

# ELIZABETH MONIQUE RIVERA

## PERFORMANCE | RECOVERY | AESTHETICS

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### SUMMARY

Versatile wellness professional, dual-licensed massage therapist and medical aesthetician with a background in professional sports, personal training, and healthcare. Certified by the American College of Sports Medicine, I specialize in therapeutic techniques that enhance sport performance, mobility, and recovery. Proficient in advanced skincare, wellness treatments, and phlebotomy, I deliver holistic care that optimizes both physical health and appearance. I am the Founder of MyoQi Athletics LLC, integrating muscle function and energy balance for personalized wellness solutions.

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### PROFESSIONAL EXPERIENCE

**Founder & Wellness Specialist, MyoQi Athletics LLC - Miami, FL** **April 2019 - Present**

- Provide tailored wellness services integrating massage therapy, fitness training, and medical aesthetics to optimize client health and well-being.
- Developed and executed strategic social media campaigns to promote services, increase brand awareness, and engage with clients across platforms.
- Produced educational content, including instructional videos and wellness tips, converting followers into clients and expanding the MyoQi brand.

**Casino Massage Therapist, Winning Hands LLC - Miami, FL** **May 2024 - Present**

- Provide high-quality chair massages to gaming floor clients, using various techniques to reduce stress and muscle tension.
- Adapt massage techniques based on client preferences and feedback, ensuring individualized experiences.
- Maintain professionalism and client confidentiality while fostering a relaxing environment to encourage repeat visits.

**Inside Sales Executive, Miami Marlins - Miami, FL** **August 2021 - January 2022**

- Managed B2B and B2C sales, specializing in securing group outings, premium suites, and season ticket packages for corporate and individual clients.
- Enhanced fan engagement and experience by facilitating sales prospecting events, fostering long-term relationships with clients and partners.
- Collaborated with marketing and event teams to execute community outreach initiatives and in-stadium promotions.

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### EDUCATION

**Massage Therapy Certification** **2024**

Miami Dade College - Miami, FL

**Esthetician/Facial Specialist Certification** **2024**

Sheridan Technical College - Hollywood, FL

**Bachelor of Science in Kinesiology (Performance), Minor: Sport Management** **2021**

Northern Illinois University - DeKalb, IL

**Associate of Arts in Kinesiology** **2018**

Tarrant County College - Fort Worth, TX

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### LICENSURES & CERTIFICATIONS

- **Licensed Massage Therapist** - Florida: MA105130, Illinois: 227.023801
- **Facial Specialist** - Florida: FB9806728
- **NHA Certified Phlebotomy Technician** - P8M9C6E6
- **ACSM Certified Personal Trainer** - ACSM160596
- **Casino Gaming License** - Florida: 13965559

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### SKILLS

Advanced Medical Aesthetics  
Massage Therapy

Sport Performance Training  
Client Relations & Sales

Phlebotomy  
Social Media Content Creation