
JOSEPH R BROWER

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Profile

A glass half full outlier, who thrives under pressure to meet deadlines and exceed goals. A highly self-motivated team player with the ability to create a synergistic symbiotic environment where growth compounds by utilizing individual strengths and talents. Historically successful outcomes derived from persevering communication, proactively addressing “big picture” comprehension and an aptitude for cultural diversity.

Experience:

Crossfit Coach - Crossfit Hutto

September 2021- current

Regional Operations Developer

Recruiter

LMT

Hand & Stone ATX: 4 locations

August 2019- current

Regional Recruiter & Trainer, Hand & Stone NC: 5 locations

July 2017- July 2019

- Managed Training & Recruiting for sales team
 - Entry level, Service Provider & Management level trainings (n store, offsite & virtual trainings)
 - Optimized current operations for sales increase & client satisfaction
 - Standardized operations across locations to ensure continuity and to set a standard of excellence for the client experience

Forged Fitness: CrossFit Coach & Accountability Manager

July 2018 - July 2019

- Teaches constantly varied functional movements to the everyday person in a safe a productive manner
 - Maintained successful weight loss goals by ensuring clients were following & enjoying program requirements
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Retreat Director, Store opening of Massage Heights DFC; San Antonio, TX
— May 2015-June 2017

- Participated/hosted 50+ events in San Antonio, working with local groups, foundations and business to not only help promote the business but to help grow the community

Retreat Director, Massage Heights AH; San Antonio, TX-2012-2015

Met and exceeded monthly sales goals annually.

Sales: Increased revenue from \$15,000 to \$31,000 monthly

Technologies:

Slack, Asana, Outlook, Microsoft, Google Sheets, Millennium, Zenoti, Mail Chimp, Canva, SMG, Franconnect, Career Plug, Indeed,

Education

CrossFit CF-L1 - 2018

Leukemia Lymphoma Society, Light the Night Internship — 2016

Massage Therapy Certification - 2012

HS Distinguished Diploma - 2010

Awards:

Franchise Philanthropy Award 2016

Volunteer:

Leukemia and Lymphoma Society Volunteering and Fundraisers:

- 2015- Partnering with local business Alamo Indoor Soccer; hosted a soccer tournament - raised \$1000.
 - 2016- Shave to Save event- Partnering with local businesses for sponsorship and gift donations to host a gathering in which people donated to have volunteers shave their heads - raised \$900.
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