

Nadia Garwick

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Holistic Yoga Instructor/Certified Physio Kinesiologist/ Navy Seal Contractor with a background in Martial Arts .

Experienced Coordinator

Second generation Hair Stylist/ Make up artist

Authorized to work in the US for any employer

Work Experience

Hair Stylist

Axle Hair Labor - San Diego, CA

June 2018 to Present

- Key holder.
 - Consult and educate clients.
- Perform any and every variety of hair cuts/colors to all walks of life.
- Create lasting professional client relations
 - Continuing education to remain up to date on all trends.
 - Remain up to date on State board requirements

Yoga Instructor

University of San Diego

January 2018 to Present

- Create curriculums for different skill levels to offer exceptional service to students
- Ensure the safety of students in regards to proper stretch techniques while offering modifications
- Cultivate a safe, calm, and motivating environment
- Instruct breath work and how to incorporate into their everyday life
- Track student attendance, grades, and open communication
- Remain up to date with university policies, procedures, meetings, and educational requirements

Instructor/coach

Ultimate Human Performance

January 2019 to January 2022

- Evaluate clients to discover deficiencies and create specified plans
- Instruct/Educate clients on and off the Navy Seal base how to increase range of motion to relieve pain naturally and effectively, cure migraines, recover more efficiently. Breath work

- Observe and keep track of client performance and development and feedback
- Lead Instructor for seminars and certifications

Front Desk/manager

Timeless Laser Clinic

January 2011 to December 2019

- Key holder, schedule and coordinator at all incoming/outgoing calls. Create lasting professional relations with staff and clientele.
- Perform over the phone, email, and in-person consults, educate clients on procedures and products.
- Stay up to date on current and emerging trends, continuing education.
- Administration tasks, executive assistant responsibilities.
- Opening/Closing duties, Update client portal, Provide excellent customer
- Assisted training new employees.

Coordinated daily sales reports, inventory, stock shop

Education

High school diploma

Charter School Of San Diego 2008

Skills

- Customer service (10+ years)
- Yoga (10+ years)
- Trigger Point Therapy
- Group Fitness
- Personal Training
- Personal Assistant Experience
- Physiology Knowledge
- Hair Styling
- Makeup Application
- Program Development
- Front Desk
- Medical Scheduling
- Office Management
- Sports Coaching

Certifications and Licenses

Physio Kinesiology 2019

Present

200 Hour Yoga Certification

Present

Core Power Yoga, North Park

50 yoga extension Core Power, Del Mar, CA

Present

Cosmetology 2009-current

Present

Marinello Schools of beauty, Palm Springs

Assessments

Verbal communication — Highly Proficient

January 2022

Speaking clearly, correctly, and concisely

Full results: [Highly Proficient](#)

Filing & organization — Expert

February 2019

Measures a candidate's ability to arrange and manage files or records using a set of rules.

Full results: [Expert](#)

Work style: Conscientiousness — Expert

July 2019

Measures a candidate's tendency to be rule-abiding, well-organized, hard-working, confident, and think before acting.

Full results: [Expert](#)

Indeed Assessments provides skills tests that are not indicative of a license or certification, or continued development in any professional field.

Additional Information

Foster for The San Diego Humane Society

Brand Ambassador for Comic con 2018/2019

Sy Fy/Warner Bros.