

DANIELLE J. FORREST-HIGGINS

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Professional Summary

High-energy professional, organized and efficient in fast-paced multitasking environments. Skilled communicator, able to maintain cultural sensitivity, establish rapport with members of diverse groups, and promote team cohesiveness.

Education

ACE Certified Personal Trainer

Bachelor of Arts: Sociology

Morgan State University - Baltimore, MD

- **Graduation commencement:** May 2016

Certificate from the **National Institute of Health** (NIH) Office of Extramural Research (Certification#1852821)

Associate of Science: Criminal Justice

Monroe College - New Rochelle, NY

Skill

- MS office proficient
- Coordinative skills
- Team building expertise
- Conflict resolution
- Youth mentorship
- Organizational skill
- EQ skills
- Communication skills (written and oral)

Experience

Professional Basketball Player (February 2022-June 2022): Las Plebes of LMBPF

Personal Trainer (October 2020-2022): Wonderfly Athletics

Personal Trainer (February 2019-Current): The Y at Central Maryland

Investing in the health and well-being of Children, families, and health seekers.

Personal Trainer (March 2019- February 2020): No Limits Sports Performance

Using my athletic background to help people improve their health, fitness levels, and athletic performance with a functional and unconventional approach.

Customer Service Manager/Representative (June 2017- September 2018): Wonderfly Games LLC

- Handled Administrative paperwork including (but not limited to) permits, insurance, waiver
- Books special events
- Trained newly hired staff
- Assisted in the prescreening, interviewing and hiring of new staff
- Regional manager of Philadelphia/ Philadelphia Metro business operation
- Created and cultivated business relationships resulting in partnerships
- Executed email and B2B marketing initiatives

University of Maryland Women's Basketball Day/Overnight Youth Camps/Clinics (June 2017):UMD, College Park, MD

- Coached players from ages 8-18 yrs.

- Instilled a passion for basketball
- Taught and developed basketball skills
- Trained players to be great teammates and play with sportsmanship and respect
- Taught how to play hard, be competitive, and have fun!

Accomplishments

- Secured/managed deals with variety of consumers to achieve greatest monthly sales amount in company history
- Constantly brought about resolution to adverse situations with consumers
- Built and cultivated relationships with other companies to secure partnerships
- Division I Women's Basketball scholarship Athlete
- Captain of the Women's Basketball Team (Monroe College)
- National Junior College Championship (Monroe College/2011-2012)
- Nominated 1st Team All-Conference - High school
- MVP Award and Outstanding Player of the Year-High school
- First female basketball player to achieve over 1,000 points since the renaming of the school.
- Youngest Basketball Official in South Jersey (2011)

Affiliations

- Community Service Volunteer for Breast Cancer awareness in the New York
- Community Service for Youth mentoring in Peoria, Illinois
- Mentoring City of Baltimore middle school students (Mindful Mentor)
- 48 community service hours throughout Morgan State University campus.

