

Linda Johnson

Detail oriented, organized worker with excellent communication skills and the ability to solve problems rationally and compassionately.

Albuquerque, NM 87108

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My passion for movement and my on going desire to learn about the body and it's relationship to our quality of life has given me the opportunity to work with children and adults in many different capacities. I look forward to continue helping others in their journey to discovering optimal health and joy by facilitating their growth as a physical, alive human being.

Authorized to work in the US for any employer

Work Experience

Swim Instructor

British Swim School - Baltimore, MD

November 2022 to July 2023

Led infant, adolescent, teen and adult swim lessons in groups and in private lessons. Emphasis was teaching water acclimation, safety, floating, stroke development and competitive team racing.

Bartender/Server

B2B Bistonomy - Albuquerque, NM

October 2010 to July 2020

Duties include opening and closing restaurant. Setting dining room and stocking bar in preparation for a full dining room. Creating and preparing drinks for servers, and tending a full bar in a timely fashion. Receiving kegs from contracted breweries, organizing and tapping kegs. Answering phone and taking to go orders. Running food orders. Operating the POS System. Balancing closing paperwork for all servers and calculating gross and net sales for the day.

Activities Director

Atria Senior Living - Albuquerque, NM

February 2010 to October 2010

Assisted residents in attending daily activities which gathered the residents as a community. Responsibilities included assistance to and from the activities and engaging them creatively and respectfully. Developed an age appropriate exercise program, organized the activity room and closet, ordered supplies, set up and break down for activities and taught classes on a daily basis. Other activities included singing, ice cream socials, birthday parties, bingo and hair and nail makeovers. Updated resident files and logged in daily reports as to the well being of each resident. Notified families directly when necessary and was the liaison between each member and their families. Balanced the personal financial banks for each resident and was the keeper of keys.

Licensed Massage Therapist

Self Employed - Albuquerque, NM

July 2000 to August 2009

In my private massage therapy practice I was responsible for providing therapeutic body work to my clients using modalities such as Swedish, deep tissue, hot stones, sports massage, stretching, movement reeducation and prenatal to name a few. I conducted thorough client consultations, developed individual treatment plans to address each client preferences, needs and goals. I kept detailed and accurate client records including treatment notes and recommendations. I maintained a welcoming holistic work space, kept equipment clean and sterile, managed client appointments and maintained accurate financial records. I had a practice that complied with the laws and regulations from the State of New Mexico Board of Licensing for Massage Therapy.

Dance Instructor

University of New Mexico Department of Dance - Albuquerque, NM
July 1998 to May 2004

Responsible for creating and implementing curriculum for undergraduate beginning and intermediate Modern Dance classes. In this role I was responsible for cultivating a positive and inclusive learning environment that allowed students to explore their creativity, develop technical skills and foster a deeper understanding of the art form. In addition I prioritized the well being and growth of each student encouraging them to push their boundaries both physically and artistically. I held office hours for one on one mentorship and support.

Professional Dancer and Teacher

Bill Evans Dance Company - Albuquerque, NM
June 1990 to July 2003

As a leading dancer in the company my responsibilities included being present and engaged during rigorous rehearsals. I embodied the vision of the choreographer and adhered to the technical and artistic standards of the director in each rehearsal. In collaboration as company members we co created some works investing our personal styles and choreography. Through workshops and dance intensives, I taught classes in modern, jazz, stretch and strength, improvisation and repertoire throughout the US, Mexico and Canada. Other duties included stage direction, organizing and care of costumes, photo shoots and interviews for media and promotions.

Education

Certificate of completion in Nail Technology School in Manicure, Pedicure, Artificial Nail Application, Design, Safe Practices

Maryland Institute of Nail Technology - Baltimore, MD
January 2024 to August 2024

123 Credit Hours of Prerequisites in Nursing Program

Central New Mexico Community College - Albuquerque, NM
January 2004 to May 2006

Certificate of completion in Massage Therapy School in Anatomy/ Kinesiology

Crystal Mountain School of Therapeutic Massage - Albuquerque, NM
September 1999 to February 2000

BFA in Dance Performance/ Choreography

University of New Mexico Department of Dance - Albuquerque, NM
August 1990 to May 1993

Skills

- Swim Coaching
- Teaching
- Movement Reeducation
- Dancing
- Nail Care
- Body Work
- Trigger Point Therapy
- Choreographing

Certifications and Licenses

Massage Therapy License New Mexico State Board

May 2000 to May 2009

Maryland State Board of Cosmetologist in Nail Technology Licence # 469260

March 2024 to March 2026