

Emily Greig

Virginia Beach, VA 23464

esteleag@gmail.com

+1 757 352 1291

Authorized to work in the US for any employer

Work Experience

Behavioral Health Technician (BHT/MHT)

Pyramid Healthcare - Newport News, VA

June 2023 to Present

- facilitate Trauma Informed Care specializing in narcotics and alcohol addiction recovery
- enforce physically and emotionally safe environment for clients
- physically and verbally intercede in conflicts between clients
- provide empathetic listening to clients at any time during shift
- guide clients in recovery over an average time period of 21-28 days

Digital Artist

RedBubble - Virginia Beach, VA

July 2020 to Present

- design original digital prints
- sell prints as product designs
- maintain unique artistry skills, excellent handwriting, and creativity

Tutor

Self-Employed - Virginia Beach, VA

August 2019 to Present

- teach English and American Sign Language
- teach the art of presenting competitive speeches and presentations and composing college-level argumentative and comprehensive essays
- refine student's understanding and rhetoric of these arts
- guide students through practical and academic applications of the English arts
- teach with Classical approach

Babysitter

self-employed - Virginia Beach, VA

January 2016 to Present

- care for children of all ages, ranging from infants to teens
- maintain strong maternal instinct
- ensure a clear understanding of responsibilities
- retain knowledge of child behavior and health
- ensure safety and proper order of child and facility
- properly handle stressful or dangerous situations

Mentor

self employed

July 2013 to Present

- provide volunteer mentoring services for both minors and adults
- offer advice and spiritual aid based upon their needs and respective age groups
- provide counseling and guidance through relationships, mental health, dysfunctional family dynamics, work stress, school drama, and challenging academic concepts
- regularly accompany children to a safe public space, facilitate a phone call, or meet them at their extracurricular activities to discuss whatever they desire
- frequently function as a tertiary parent
- regularly accompany older minors and adults to a safe public space or facilitate a phone call
- offer availability at anytime of day or night

Sunday School Teacher

Church - Chesapeake, VA

March 2013 to Present

- work with children ranging from infants to first-graders
- tend to the needs and desires of each child
- consistently play with them and offer them my undivided attention
- responsibly care for the children
- professionally communicate with the parents
- earned the name and reputation of "baby whisperer," due to my ability to calm the most unsettled infants and regular incidents of children refusing to leave me and return home with their parents

National Sales Manager

RENEW Energy, Inc. - Virginia Beach, VA

February 2023 to May 2023

- manage the success of each salesperson (door-knocker)
- provide emotional and professional support to the employees
- regularly confer with the leadership team once per week
- regular confer with the sales team once per week
- present motivational speeches to the sales team when requested
- maintain regular messaging within the team using motivational videos, meeting reminders, and alerts of scheduled events
- communicate concerns and potential improvements to superior
- maintain a personal demonstration of leadership and high standards

Pilates Instructor

Dawn Pilates Studio - Chesapeake, VA

March 2022 to November 2022

- instruct students ranging from young adults to seniors in the beginner and intermediate elements of Pilates
- retain and implement thorough anatomical and physiological knowledge of the human body
- assume full responsibility for any injuries obtained in any exercise
- complete administrative work
- professionally communicate with the students
- operate independently within the facility
- maintain excellent organizational skills

franchise seller assistant

1st Class Real Estate - Virginia Beach, VA

June 2022 to August 2022

- aid superior in selling franchises to business owners in South Carolina
- make professional scripted calls to multiple businesses throughout the day
- effectively communicating with top-tier real estate business owners
- handle improper or offensive speech with respect
- maintain dignity, grit, and dedication

Dance Teacher

Academie de Ballet - Chesapeake, VA

September 2021 to June 2022

- teach students the fundamental elements of ballet and jazz
- practice effective and instructional communication with children and professional communication with parents
- complete administrative work
- practice organizational skills
- maintain flexible time schedule
- work under pressure
- professionally handle any medical concerns or familial situations

Assistant Dance Teacher

Academie de Ballet - Chesapeake, VA

September 2020 to June 2022

- aid mentor in teaching students 9-18 years of age
- run errands on mentor's behalf
- complete administrative work
- practice professional and instructional communication with students and parents
- teach in the absence of mentor

Education

29 College Credits in Health Sciences

Regent University

August 2022 to December 2022

High school diploma

homeschooled - Virginia Beach, VA

September 2019 to May 2022

Skills

- Anatomy Knowledge
- Teaching (4 years)
- Physiology Knowledge
- Babysitting

- Childcare (9 years)
- CPR
- Tutoring
- Communication skills
- Dancing (10+ years)
- Math
- First aid
- Experience with Children (9 years)
- Pilates (8 years)
- English (8 years)
- Writing skills (8 years)
- Latin (10+ years)
- Management (Less than 1 year)
- Writing skills (7 years)
- English (10+ years)

Languages

- American Sign Language - Intermediate
- English - Fluent
- Latin - Intermediate

Certifications and Licenses

Pilates Mat

September 2022 to Present

I am certified by Dawn Pilates Studio to teach mat Pilates.

VUCA Leadership

Present

I am certified in business leadership.

CPR Certification

Present

Additional Information

I am known to:

- Be responsible
- Be respectful and humble
- Be fearless and adventurous
- Be a fast learner
- Be teachable

- Have in-depth knowledge of anatomy
- Have good reasoning and logic skills
- Have a maternal personality
- Have a desire to expand my knowledge of tools and handiwork
- Love helping others
- Love hands-on work
- Love others unconditionally