




BUSINESS OWNER,
ENTREPRENEUR,
PARAMEDIC

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About Me

I strive to provide what you need in this chapter of your journey. I offer a wide range of services, education, and consultative services. My goal with every client is to simplify the chaos so you can advance to the next level of success.

Experience

Modern Horsemanship

Co-Founder & CEO/COO

Oct 2021 - Present

- Developed a multifaceted program to facilitate a deep and healing connection between two beings, horse and human, teaching both how to draw from the strength of the other.
- Reach people nationally and internationally to share the overall wellness benefits of the horse and human connection.
- Manage business operations, strategic plan, marketing, staffing, and finances for this start-up international company.

LHJ Consulting & Education

Owner

Oct 2012 - Dec 2022

- Consult with equine industry professionals, assisting existing businesses with process improvement, scalability, and long-term goals, establishing and initiating plans for continued business development.
- Serve as an interim barn manager.
- Provide equine bodywork and ongoing education to clients utilizing multiple modalities for desired effects.
- Provide convenience services to training programs and facilities including professional shopping, efficiency organization, and digitizing paperwork.
- Provide basic CPR and first aid education for improved workplace safety awareness.

Grand Junction Fire Department

Paramedic

Nov 2020 - May 2022

- Provides exemplary prehospital patient care in both 911 and interfacility transport situations, formulating treatment plans accordingly.
- Efficiently manage time and resources, prioritizing and communicating to provide high-quality patient care through a high level of critical thinking while adapting to a wide variety of crew dynamics.
- Actively engaging in and facilitating the continuing education and recertification of crews.
- Successfully flexed into multiple roles including BLS field trainer, paramedic student preceptor, ALS fly car medic, dedicated IFT medic, and dedicated event EMS personnel.

Experience cont...

SCL Health, St. Mary's Medical Center

Simulation Lab Coordinator

Jul 2020 - Nov 2020

- Organize and coordinate educational experiences within a high-fidelity simulation lab.
- Maintain high fidelity and low fidelity mannequins and other equipment for education.
- Develop and provide educational classes for nursing and nursing support staff within the hospital.
- Maintain digital and hardcopy records of simulation lab usage, courses, instructors, and students.

Technical College of the Rockies

EMS Program Coordinator

Oct 2018 - Jul 2020

- Develop and implement strategic plans for the continued growth for the emergency medical services and firefighting programs.
- Oversee, coordinate, and assure recording and maintenance of all EMS and firefighting student records and submission to front-office administrative staff.
- Oversee and coordinate day-to-day operations of the department including equipment inventory and maintenance, training of local agencies and staff, scheduling and planning of coursework and curriculum, and advertising of EMS programs.
- Comply with District policies, school policies, state and federal accreditation requirements, and curriculum updates.

SCL Health, St. Mary's Medical Center

Emergency Department Technician

May 2018 - Jul 2020

- Provides complete BLS, ALS, and critical patient care in accordance with collaborative treatment plans.
- Communicates effectively with patients, physicians, physician assistants, nurse practitioners, nurses, and auxiliary care staff.
- Proficient in traditional and ultrasound guided IV placement, identifying EKG changes, obtaining and interpreting vital signs, splinting, initial patient triaging and ongoing patient assessment.
- Efficient in the management of time and resources, prioritizing patient care and daily tasks, and brainstorming department improvement ideas.
- Contribute to the regular process improvement of the department through the idea board, professional governance, and frequently offering feedback when requested.
- Acting lead technician, fulfilling higher levels of assessments and treatments as the primary paramedic on day shift.

Pressure Proof Academy

Training Camp Medic

Jan 2018 - Mar 2018

- Support camp participants in their medical needs throughout two separate dry-land training camps in a variety of environments.
- Provide sports medicine therapies to athletes post-workout.
- Supervise multiple daily workouts.
- Maintain a culture of health and safety with high-altitude training.

Experience cont...

Black Canyon Veterinary Clinic

Veterinary Clinic
Nov 2017 - May 2018

- Support daily operations of the veterinary clinic.
- Provide routine and emergency medical care to small and large animals.
- Assist with the canine, equine, bovine, and swine breeding programs.
- Maintain a high standard of care with the Fear Free Pets initiative.

Denver Health EMS Education

PRN Contract Instructor
Nov 2014 - Dec 2017

- Skills instructor and proctor for EMT school.
- Assist in the instruction of EMT and Paramedic students.

Champions Equestrian

Assistant Trainer/Manager
Aug 2015 - Oct 2017

- Assistant manager of a 20+ horse training, lesson, and show program.
- Spearheaded a business restructuring initiative to increase revenue by 15% within 30 days of implementation (Summer 2016).
- Exercise rider and trainer for 6-8 horses daily, teach regular lessons, and assisted in coaching responsibilities.
- Regularly meet with, schedule, and assist vets, farriers, and sports medicine providers in appointments and care. Manage medication administration and perform basic emergency vet care as needed.

Falck Rocky Mountain Ambulance

Paramedic
Nov 2016 - Jun 2017

- Provides prehospital patient care in both 911 and interfacility transport situations.
- Assess the nature and extent of illness or injury, formulating treatment plans accordingly.
- Proficient in basic first aid, BLS, and ALS National Registry skills.
- Efficient in the management of time and resources, prioritizing and communicating effectively to provide high-quality patient care.
- Safely drive ambulance in emergent and non-emergent scenarios, efficiently navigating Aurora, Denver, and surrounding areas.

Castle Rock Adventist Hospital

Critical Care Technician
Oct 2015 - Feb 2017

- Provides complete BLS and ALS patient care in accordance with collaborative treatment plans in an emergency room setting.
- Communicates effectively with patients, physicians, physician assistants, nurses, and auxiliary care staff.
- Proficient in IV placement, identifying EKG changes, obtaining and interpreting vital signs, splinting, and patient assessment.
- Efficient in the management of time and resources, prioritizing patient care and daily tasks.
- Practice at a paramedic level of assessment, treatment, and ongoing care.

Experience cont...

Denver Health Medical Center

Emergency Department Technician

Dec 2011 - Apr 2016

- Provides complete patient care in accordance with collaborative treatment plans.
- Communicates effectively with patients, physicians, physician assistants, nurses, and auxiliary care staff.
- Proficient in IV placement, identifying EKG changes, obtaining and interpreting vital signs, splinting, and patient assessment.
- Efficient in the management of time and resources, prioritizing patient care and daily tasks.
- Manage the patient flow through the emergency department and radiology.
- Communicates with supervising RNs and physicians regarding patient conditions and care plans.
- Lead technician and preceptor for the greater part of 4 years.
- EMT-Basic training through Denver Health, Spring 2011
- Paramedic training through Denver Health, 2014-2015

Northglenn Ambulance

EMT-Basic

Apr 2014 - Feb 2015

- Provides first-aid and BLS patient care in prehospital setting.
- Assess the nature and extent of illness or injury, prioritizing treatment plans accordingly.
- Obtain and interpret patient vital signs.
- Proficient in IV placement and DUI blood draws.
- Communicate with a partner to efficiently provide emergency medical treatment.
- Safely drive ambulance in emergent and non-emergent scenarios, efficiently navigating Commerce City, Denver, and surrounding areas.

Coventry Farms

Groom/Working Student

Apr 2013 - Aug 2015

- Assisted in regular care and management of 55-60 horses in the lesson and show program.
- Initiated and completed several barn renovation projects to help rebuild the lesson program and increase revenue.

Denver Equestrians

Working Student

Sep 2012 - Apr 2013

- Assisted in the regular care and maintenance of 30+ school horses.
- Exercise rider of 2-4 horses and ponies daily.
- Assisted barn manager in all duties requested.

Miranda Equestrian

Working Student

Oct 2002 - Nov 2010

- Personal groom for trainer.
- Assistant groom for 'A' Circuit students and lesson program.

Certifications

- National Registry of Emergency Medical Technicians Paramedic
- Paramedic, State of Colorado
- Certified Flight Paramedic, International Board of Specialty Certifications
- American Heart Association CPR/BLS Instructor, ACLS, PALS
- Ramsey Solutions Master Financial Coach

Education

- University of Phoenix – Bachelor’s of Science in Business, January 2020
- Denver Health Paramedic School – Paramedic, 2015
- Arapahoe Community College – Associate of Arts, 2013
- Community College of Denver – EMT-Basic, 2011
- Chatfield Senior High School – Diploma, 2011