# **Paige Shivers**

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## **OBJECTIVE**

Dedicated to sharing happiness and inspiration for growth and learning. A love of learning has provided myself with personal growth and interconnectedness, allowing me to help others help themselves.

## **SKILLS**

- Proficient with Google Drive suite, as well as Microsoft Office
- Excellent written and verbal communication skills, including editing, proofreading, and transcribing
- Empathic listener and persuasive speaker
- Strong problem-solving and analytical skills
- Proven adaptability and inclusivity to differing cultural and business environments
- Enjoy working as a team member as well as independently

## **EDUCATION**

Academy of the Arts University

FEB 2021 - MAY 2024

Bachelor's of Fine Arts in Art Education

- Studies in various artmaking techniques with an intention on being able to pass the knowledge on to future students
- Studies in art education history, development, theories, practices, and advocacy Community College of the Air Force MAY 2017 - FEB 2019

Associate of Applied Science in Meteorology

• Study of the atmosphere, focusing on the weather and how to forecast it. Areas of study include the climate, the physics of the atmosphere, and chemistry.

Roane State Community College, Oak Ridge, TN Certificate of Somatic Therapy

AUG 2004 - MAY 2005

A certificate program to prepare students for entry level careers in the growing

field of massage, bodywork, and somatic therapies. The focus of this program is Swedish Massage and Neuromuscular Therapy with an overview of the many other modalities practiced by Licensed Massage Therapists.

University of the Cumberlands, Williamsburg, KY

AUG 2002 - MAY 2004

Bachelors of Social Work

- Major: Social Work insight into the unique issues facing children and adults, equips with an understanding of how to help resolve those issues and guide clients toward better choices, better situations, and a better life overall.
- Minor: Psychology

Worked on General Education to Transfer to University.

### **EXPERIENCE**

Massage Therapist • Self-Employed

2013 - Present

• Provide healing modalities as well as spa services to clients.

Yoga Instructor • Self-Employed/Independent Contractor

SEP 2023 - Present

 Provide hatha, vinyasa, yin and restorative yoga sequences geared towards clientele's goals and challenges in studio settings and private lessons - online or in-person

Substitute Teacher • Tehama County District, CA

SEP 2024 - MAY 2025

 Provided educational services to the school systems in Tehama County from PreTK to 12th grade

Weather Forecaster • United States Air Force • Travis AFB, CA MAR 2017-MAR 2021

 Collected, analyzed, and integrated atmospheric and space environmental information into military decision-making processes. Observe, record, and transmit surface, upper air and space environment observations. Issue advisories, watches, and warnings to alert users of dangerous, inclement, or operationally significant terrestrial and space weather events. Work with the confidence and enthusiasm to overcome challenges and aim for excellence.

Teacher's Associate • Winterset Community School District

NOV 2015 - MAR 2017

 Worked with 4th, 6th, and 10th graders. Assigned behavioral students to provide positive learning and guidance techniques to help guide through challenges they faced and/or created.

Art Director • Wildwood Hills Ranch • St. Charles, IA

MAY 2016 - JUL 2016

Camp for children and youth at risk to learn love, hope and new life skills through
positive role modeling and hands-on experiences. Provided weekly art projects,
as well as an art project to span the whole summer and link all the children
together based on the theme of the camp for that summer.

Dispatcher • Madison County Elderly Services • Winterset, IA

SEP 2015 - OCT 2015

• Senior meal delivery program, senior meal site, and public transportation center.

Tax Preparer • Jackson Hewitt • Jacksboro, TN

JAN 2015 - MAR 2015

- Part-time, asked me back for next season but no longer in the area
- Linda Poland: 423-566-9667

Assistant • Deerfield Resort Rentals • La Follette, TN

SEP 2013 - AUG 2014

• Made reservations, worked with rental contracts and general secretarial work.

Cashier/Hostess • Grumpy Gary's Grille • La Follette, TN

MAY 2014 - AUG 2014

- Part-time, made sure the restaurant ship sailed smoothly
- Brittany Boswell: 970-409-8621

Legal Secretary • Joseph A. Nugent Attorney at Law • WDM, IA

OCT 2011 - May 2013

SEP 2001 - AUG 2002

- Research, manage phone, billing, filing, errands, document construction, editing, proofreading, transcribing depositions, processing evidence
- Joe Nugent: 515-554-7447

Gardener • Hilltop Gardens • Lorimor, IA

Spring of 2013

• Transplanted seedlings to pots in arrangements for wholesale.

Cashier • Buttermilk Donut Café • Jacksboro, TN

Summer of 2012

• Ran cash register, took orders and filled orders, cleaned up shop.

Cashier, Stock, Customer Service • Pamida • Winterset, IA

JUN 2010 – MAR 2011

OCT 2011

 Cash register, unloaded supply truck, stocked the floor and provided great customer service.

Stock, Janitor • Lee's Food Mart • La Follette, TN

JUN 2011 - OCT 2011

 Stock food products, cleaned store, checked gas tanks, ran deposit with cashier at closing.

Cashier • Save-A-Lot • La Follette, TN

APR 2011 – JUN 2011

Cashier at grocery store.

Cashier/Worker • Ellwanger's Expressions • Winterset, IA

JUN 2010 - DEC 2010

 Ran cashier, maintained store stock and cleanliness, sanded and stained cabinets.

Warehouse Laborer • DeRoyal • La Follette, TN

JAN 2010 - MAR 2010

Stocked medical tray orders, counting.

Clerk, Janitor • Castleton's Fitness • La Follette, TN

MAR 2010 - MAY 2010

Managed money and contracts, cleaned exercise equipment.

Social Worker • Florence Crittenton • Knoxville, TN

JAN 2008 - JAN 2009

Managed cases in contract with the Department of Human Services.

#### **LEADERSHIP**

Over 1,000 hours in volunteering as a whitewater rafting guide for Travis AFB Outdoor Recreation.

## REFERENCES

Available upon request.