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Samuel Styles

I am a productive and experienced worker ready to face new challenges and engage with new people. Through my work experiences, I have learned to tailor my lifestyle to acclimate to long hours, difficult physical tasks, and mental challenges.

KEY SKILLS:

-**Communication:** Active listening, creating an approachable dynamic, relationship building, establishing trust through experience

-**Technology:** Proficiency with Microsoft Office Suite, comfortable with various e-mail applications, and spreadsheets for accurate record keeping

-**Physicality:** Understanding of human movement science and how diet and exercise affect mental and physical states.

EXPERIENCE:

Walmart Distribution Center, Loveland, CO — Shipping/Batching Associate

March 2014 - PRESENT

- Loads trailers by hand via conveyor belts for identification and transport
- Use of Microsoft Office programs such as Word and Excel; to keep accurate task records
- Identification of stock via scan gun.
- Coaching and advisement of team members on safe lifting techniques for long term success
- Various hard physical tasks including loading and unloading of freight during multiple 12 hour shifts

Hydra Trucking, Fort Collins, CO — Shipping Associate/Quality Assurance [New Belgium Brewing subsidiary]

September 2013 - September 2016

- Developed confidence with safely handling heavy and fragile freight
- Loaded trailers with shipments of various beer both packaged on pallets, and full kegs
- Communicated with various locations to understand supply/demand dynamic
- Worked simultaneously at Walmart Distribution for most duration of employment.

KFC/A&W, Windsor, CO — Line Cook

March 2013 - August 2013

- Prepared food in a fast-paced environment
- Maintained a clean work space to OSHA safety standards
- Recorded and placed various orders for stock purposes

EDUCATION:

Windsor High School, Windsor, CO — *High School Degree*

-Graduated 2013

National Academy of Sports Medicine - *Certified Personal Trainer*

-Certification earned in October of 2019

CPR/AED Certified

-Certified by the American Red Cross 9/25/2020

Front Range Community College - *Associate of the Arts for Transfer*

-15 credit hours completed. Left in good standing to pursue employment