

- Staying Ahead of the Game!, Houston, TX September 2011 – December 2022
- Onboarding Specialist
 - With an extensive background in evaluations and academic coaching I served as the senior student evaluator who documents specific student needs before starting the program. As master trainer I also led and facilitated all academic coach trainings; a requirement before coaches can begin their coaching work with students.

- Dr. DK Sanders & Associates, Houston, TX June 2014 – July 2017
- Psychotherapist
 - Individual, family and marriage counselling.

- West Oaks Hospital, Houston, TX June 2014 – July 2015
- Psychotherapist
 - Individual, group and family counselling.
 - Psychological evaluations.
 - Treatment planning for patient care.

- Weinberger, Black & Associates, Houston, TX May 2011 – September 2012
- Office Manager
 - Personal assistant to Dr. Robert Weinberger.
 - Organize meetings for the company.
 - Meet with pharmaceutical and drug rehabilitation representatives.
 - Organize clinician work schedules.

Platform Initiatives:

- Healthy Mind | Successful Life January 2015 – Present
- This platform was created to break the stigma associated with mental illness.
 - Through this platform I have been able to travel domestically and internationally to speak, conduct interviews, blogs and make necessary relationships to continue the dialogue on mental health.
 - Partner with NAMI to provide tools to teach proactive ways to care for mental health.

Leadership Achievements:

- NAMI Texas Board of Directors and Board President, July 2017 - Present
- Menninger Foundation Board September 2017 – Present
- NAMI National Ambassador November 2015 – Present
- Miss Texas International & Miss International 2015 March 2015 – August 2016
- Miss Bay Area USA June 2012 – July 2013
- American Medical Student Association, President June 2008 – June 2009
- Miss Waco USA February 2007 – May 2008