

Edith Agoston

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PROFESSIONAL SUMMARY: Growth Focused Project Manager

I am a multi-talented professional with a diverse background of employment looking for a fulfilling fast paced work environment. I have managed hundreds of employees in retail management; I have written countless articles, blogs and pieces of copy for a variety of brands and publications; I have also worked in sales as an entrepreneur starting my own health coaching business/social media presence.

EXPERIENCE

Health Coach/Blogger/Influencer

2017 - (Current)

Edith Agoston LLC, Global

- Built/created websites, social media platforms, landing pages, newsletters, videos, etc.. to educate people who are dealing with lifestyle disease
- Partnered with hundreds of wellness brands to create sales and marketing videos to post on social media outlets
- Coached clients one on one to improve their diet and lifestyle both in person and via zoom sessions
- Recruited peers for large group campaigns/collaborations using an email outreach system, once recruiting was done I facilitated training the team in sales and marketing strategies to sell health promoting digital products such as ebooks, courses, memberships, etc...

Personal Trainer/Assistant Sales Manager

2019 - 2020

LA Fitness, Seattle

- Actively recruited new gym members to start a personal training regimen
- Sold and upsold personal training memberships
- Personally trained members in fitness assessments and personal training sessions
- Managed personal training staff to ensure company sales goals were achieved and provided necessary feedback for continuous improvement
- Oversaw member retention by surveying training clientele and assisting them with any requests or accommodations they needed

Assistant Store Manager/Director

2015 - 2018

Trader Joe's Seattle

- I led the staff to receive, break down and stock grocery loads efficiently on a daily basis
- I taught customer service training classes and performed on the job coaching on an ongoing basis
- I wrote the staff schedule, conducted performance reviews and hired/fired personnel
- I carried out marketing programs, assisted in new store openings, hired and trained a variety of new staff at various locations

Store Manager/Director

2012 - 2015

Safeway, Seattle

- I ran several multimillion dollar grocery stores as the sole Store Director in charge
- I managed and motivated hundreds of staff members including my assistant managers
- I carried out marketing initiatives to be in compliance with division and district standards
- I coached and trained hundreds of employees on a variety of topics such as customer service, loss prevention, productivity, food safety, inventory keeping, bookkeeping, schedule writing, sales planning, ordering/receiving, etc...
- Prior to obtaining the Store Manager role, I worked as an Assistant Store Manager for this company for 5 years and prior to that role I held various roles including supervisor, cashier, bookkeeper, stocker, and courtesy clerk (I started with this company when I was 16 years old and stayed with them for 17 years)

SKILLS

Reliable | Problem Solver | Great Communicator | Common Sense | Emotional Intelligence | Adaptable | Organized | Manages Time Well | Bilingual | Emotional Intelligence | Can Multitask

EDUCATION

MBA, Business/Human Resources

2008

University of Phoenix (Bellevue WA campus)

BA, Journalism/Communications

2005

University of Washington (Seattle WA campus)

AA, General Studies with an emphasis in journalism

2003

Highline Community College (Des Moines WA campus)

CERTIFICATIONS

- **Personal Trainer**, American Council on Exercise - 2020
- **Health Coach**, Institute for Integrative Nutrition - 2015

VOLUNTEER WORK – Assisted the Hippocrates Health Institute in CA and NY at a variety of health conferences in 2019

- Helped to set up and organize the event spaces to host hundreds of guests and potential customers

Assisted the directors of