

CHRYSANTHE NIKOLAIDIS

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KINESIOLOGY STUDENT

Final year kinesiology student from the United States

- Ample experience transitioning into university as an international student.
- Able to articulate information and perform professionally while under pressure.
- Diverse experiences as an ambassador of institutions giving speeches, leading tours, while marketing and representing institutions and their programs.
- Knowledge translation of research and biomedical related content.
- Global perspective and understanding of full-somatic health and interventions.

SKILLS & ABILITIES

- Mentoring and Leadership
- Multitasking and Strategic Planning
- Degree of Special Distinction from the National Speech and Debate Association
- Student Representative for the University of Guelph-Humber at the 2023 Canadian Nutrition Society Thematic Conference
- Standard First Aid
- CPR Level C + AED
- AODA Workplace Wellbeing Certificate

EDUCATION

Sept. 2021- Anticipated Apr. 2027 Honors Bachelor of Applied Science in Kinesiology, *University of Guelph*

Sept. 2021- Anticipated Apr. 2027 Diploma in Fitness and Health Promotion, *Humber Polytechnic*

Aug. 2019-May 2021 Associate Degree of Science in Multidisciplinary Studies, Temple College

EXPERIENCE

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| April. 2025-Oct
2025 | Senior Student Ambassador, University of Guelph-Humber <ul style="list-style-type: none">· Aid in planning and running marketing and recruitment events. Work with Raptors 905 outreach SHSM events. Plan training for incoming student ambassadors in addition to the responsibilities of a START Leader. |
| Jan. 2025-April
2025 | Dietary Intern, Vibrant Nutrition <ul style="list-style-type: none">· Created projects for Nishta Saxena, RD such as family calendars food challenges and presentation on training to support women in perimenopause. Worked both virtually and in-person with meetings to discuss projects, company, and personal development. |
| May. 2023-April
2025 | START Leader, University of Guelph-Humber <ul style="list-style-type: none">· Give campus tours, answer on-the-spot questions from prospective families, campaign call, and set up, prepare for, represent the student body while hosting major University events such as Convocation and the Ontario University Fair. |
| June 2022-July
2025 | Camp Emmanuel Support Staff, Metropolis of Denver <ul style="list-style-type: none">· Worked with youth ages 11-18 from various states. Once applications were accepted, I underwent yearly background checks, youth safety training, and youth sexual trauma and support training. Supported youth at camp, aided in transition away from home, and organized activities for campers with varying interests. |
| February 2021-
June 2021 | NSDA National Qualifier in Humorous Interpretation <ul style="list-style-type: none">· Competed at the National Speech and Debate Association 2021 national tournament in three events: Humorous Interpretation, Informative Speaking, and Storytelling. |
| Jan. 2020-May
2021 | Student Ambassador, Texas Bioscience Institute <ul style="list-style-type: none">· Give tours of the Institute Building, give presentations and Q&A sessions on the benefits of attending and hosting promotional events promoting the Institute. |
| Aug. 2019-May
2021 | Officer of Speech and Debate Team, Holy Trinity Catholic High School <ul style="list-style-type: none">· Give tours of the Institute Building, give presentations and Q&A sessions on the benefits of attending and hosting promotional events promoting the Institute |
| Dec. 2018-Mar.
2020 | Shadow Apprentice Veterinary Technician, Temple Veterinary Hospital Medical and Surgical Center <ul style="list-style-type: none">· Aid Veterinarians and Veterinary Technicians in surgery, dental, and examinations i.e., surgery preparations, vaccinations, recording vitals |