

Derek Holdsworth

Seattle, WA

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[Derek Holdsworth | LinkedIn](#)

PROFESSIONAL SUMMARY

A background as a professional track and field athlete with experience in coaching and customer service. Known for ability to communicate clearly with audiences of all ages and abilities; listen carefully to needs and develop a plan of action to achieve desired outcomes from coaching young athletes, fitting customers with the right gear and setting personal athletic goals. A natural problem solver with an analytical aptitude to reach creative solutions. Uniquely capable of seeing what's working and what's not working in a situation, provides constructive feedback and instills accountability.

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|-----------------|----------------------|------------------|
| • Leadership | • Active Listening | • Resilient |
| • Goal Oriented | • Dedicated | • Problem Solver |
| • Disciplined | • Performance Minded | • Compassionate |

PROFESSIONAL EXPERIENCE

Growing Runner's Track Club, Williamsburg, VA

July 2018-present

Self-Employed Coach

Coach high school track and cross-country athletes, both virtually and in person.

- Provided individualized training plans; resulting in three individual track state champions and a relay. 4x800, 500m, 800m, 3200m, and cross-country team runner-up in the State meet

Super Jock N' Jill, Seattle, WA

June 2022-present

Sales Associate

Provide exceptional customer service in specialty retail focused on running products.

- Listen to customer needs, identify solutions, provide information on product to help inform purchasing decisions in an efficient manner
- Support sales function through organization of stockroom
- Developed product knowledge to provide the right solutions to customers

Gallagher Fitness Resources, Salem, OR

October 2021-July 2022

Sales Staff

Focused on delivering products to customers and establishing a social media presence.

- Listen to customer needs, identify solutions, provide information on product to help inform purchasing decisions in an efficient manner
- Support sales function through organization of stockroom, receiving stock.
- Developed product knowledge to provide the right solutions to customers

San Luis Valley Health, Alamosa, CO

May 2018-May 2019

Emergency Room Admissions

Created a positive experience for patients being admitted to and discharged from the ER. Accurately ran insurance while making sure there were no discrepancies.

- Called codes to save patients.

Potomac River Running Arlington, VA**July 2016-July 2017, Summer 2019****Sales Associate**

Provide exceptional customer service in specialty retail focused on running products.

- Listen to customer needs, identify solutions, provide information on product to help inform purchasing decisions in an efficient manner
- Support sales function through organization of stockroom
- Developed product knowledge to provide the right solutions to customers

EDUCATION / TRAINING***Western Oregon University***

Bachelor of Arts-Psychology 2021

GNAC Conference Champion 2020

GNAC Conference 800m record holder

National lead in the 800m, no competition at nationals due to covid.

2x All-American

Trinidad State Junior College

Associate of Arts – General Studies 2019

2x Junior College record holder in the 800M and 1000M

6x National Champion

2018 Indoor National Athlete of the Year

2018 West Regional Athlete of the Year

2018 Indoor West Regional Athlete of the Year

2018 West Regional Athlete of the Year

VOLUNTEERISM

Mentor- Intercity middle school with at-risk youth 2016-2017

Coach-Woodrow Wilson High School, DC 2016-2017

Coach-Elementary school program, Reston, VA 2016