

Soren Gillaspy

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- Profile** Soren Gillaspy is a caring entrepreneur who solves the needs of those he engages with through compassionate and focused intervention to address the difficulties of those he engages with. He then applies principles of progressive overload to help provide a path to reach one's goals and improve activities of daily living, offering supportive guidance backed by rigorous study to achieve.
- Experience** Fitness Professional: With Soar to Success (est. Oct 2018), Soren has offered detailed instruction in HIIT, PNF, Pilates, Qi Gong, Intervals, Supersets, Self Defense, Swimming, and other techniques after traveling to the home or a nearby park of the fitness practitioner.
Mittleman Community Center (2018)
24 Hour Fitness (2017)
LA Fitness (2017)
- Sales Associate: At locations like DeWhitt Appliance (11/2019-5/2020) Soren used consultative sales techniques to help customers with information about the features and function of the various brands. He would assist with the warehouse, on deliveries and installations, and with social media marketing as requested.
Blue Raven Solar (2018)
Fika Endeavors (2019)
- Substitute Teacher: At Battle Ground School District (10/2015-12/2018), Soren would be ready with a lesson plan in the morning for an on call shift at one of many locations. He would be prepared in the event of an emergency or drill to guide the students safely.
- Theater Instructor: Stone Soup Theater (2013-2014)
Seattle Public Theater (2014-2015)
- Barista: One Red Pillar Cafe (2012-2014), Starbucks (2015)
- Education** Cornish College of the Arts (cum laude) BFA Theater (Original Works) 2015,
American Council on Exercise Personal Trainer, Senior Exercise Specialist, Youth Exercise Specialist
- Skills** Red Cross Basic Life Provider. WA State Food Handlers Card, Proficient with Windows and IOS, WA and OR Life and Disability Provider, Sales Experience with home improvement and communication technology, guided meditation, martial arts experience, music experience with voice, guitar, ukulele, piano, saxophone, and bazouki