Chris Miskec

LIFE COACH

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WHY CHOOSE ME FOR THIS EXPERIENCE:

MY GOAL FOR US IS TO BRING TO LIGHT PERSPECTIVES REVOLVING AROUND LIFES NEVER CEASING CHANGES & OUR REACTIONS TO THESE CHANGES

EXPERIENCE

Certified Life Coach, via Certified Life Coach Institute

April, 2022-present
Level 1 and Level 2 badges earned

- Have privately worked with numerous friends and family members for over 2 years
- Continue to obtain knowledge through life experiences, online explorations, and auditing classes aimed at increasing my coaching acumen

Minnesota State, Mankato- Head Women's Socce Coach, Associate Professor, Exercise Sciences August, 1996-May, 2009

- Successfully headed a NCAA Division II women's soccer program for 12 years
- Mentored over 300 college student-athletes
- Taught a myriad of 100-300 level courses aimed at fitness, health and wellness, ie, human performance

Allina Health Orthopedics- Physician Assistan

October, 2011-present

- Currently, subspecialist in shoulder and elbow
- Previously trained in sport knee, foot and ankle
- Actively involved in education future physician assistant students and current medical providers

Twin Cities Amazons Rugby club - coach

- Assistant and acting head coach over the 11 years I was involved with the team
- Mentored over 100 female athletes during this time

EXPERTISE & SKILLS

- Communication
 - In persor
 - Virtual
 - Text/email
- Support, emotional & mental
 - Defining what we are able to change & may be changeable & what is beyond our control
- How to use your body effectively
 - Functional training
 - Being aware of physiological changes as we age

- Aligning personal values with short, medium & long-range goals
- Develop strategies to self-improvement
- Setting realistic, yet lofty, goals
 - Mentally
 - emotionally
 - Physically
- Having fun without diminishing focus

FDUCATION

- Nova Southeastern University, Ft. Lauderdale, FL.
 - Masters of Medical Sciences, Physician Assistant
 - May, 2009-August, 201
- University of Kansas
 - Masters of Science in Education, Exercise Physiology
 - August, 1994-August, 1996
 - Publication: Miskec, C.M., Potteiger, J.A, Nau, K.L, and Zebas, C.J. <u>Do varying environmental and menstrual cycle conditions affect the anaerobic power output of female athletes?</u> J. Strength Cond Res. 11 (4): 219-223, 1997
- Rockhurst University
 - Bachelors of Education, Secondary Education
 - August, 1989-May, 1993
- Kansas City Kansas Community College
 - Associates of Arts degree, General Education
 - January, 1988-May, 1989

WARDS & PERSONAL ACCOMPLISHMENTS

- Coaching:
- 2000 & 2007 Regional & Conference Coach of the Year
- 2003: Conference Coach of the Year, 2005: Co-Conference Coach of the Year
- 1998, 2000, 2001, 2003, 2007: regular season conference champions
- 2003, 2005, 2007: NCAA Division II National Tournament Participants
- Personal:
 - Hall of Fame member, Rockhurst University, 2024
 - Hall of Fame member, Minnesota State University Athletics, 2015
 - o Hall of Fame member, University of Kansas Women's Rugby, 2014
 - Hall of Fame member, Twin Cities Amazons Rugby Club, 2013
 - o 2001: Member of USA Rugby 7's National team (Hong Kong & Japan tour)
 - 98-01: Member of USA Rugby 15's National Team Pool
 - 1991: MVP Rockhurst University Women's Soccer Team
 - 1989: MVP Women's Basketball, KCKCC, Co-MVP Women's Softball, KCKCC