

CHRISTA KLOHA

Relationship Coach, Mental Performance Coach, Artist

CAREER OBJECTIVE

Coaching with 4+ years of experience in leading, team building, communication and recruiting across the sports, relationships and non-profit community. Skilled in creative solutions and effective time management to continue growing and helping others succeed at their best.

PROFESSIONAL EXPERIENCE

January 2021–Present | Self-Employed: GameOnApp, Remote & Private Business: Mastery Mindset, In-Person & Remote **Mental Skills Coach**

- I work with individual athletes and teams of various levels (D1 HS, D1 Collegiate, Recreational, individuals outside of sport, etc.) to assist them in reaching their performance goals.
- Tools include but are not limited to: arousal management, team cohesion, attitude, emotional regulation, focus, goal setting, mental toughness, preparation & routines, trust, visualization and more.
- My work outside of sessions include: session preparation, notes, research, communication, skills analysis, and more.

July 2022–April 2023 | San Diego City College, San Diego, CA **Assistant Women's Cross-Country Coach**

- I assist the head coach in setting up for practices, race competitions, etc. while also interacting with the athletes and providing tips or corrections for warm-up exercises, strength exercises, etc.
- I build a solid foundation of rapport with each athlete as I help guide them towards their goals in a positive and motivating way.
- I work with the athletes every week on mental skills that can help them improve their performances this season.

December 2020–Present | Relationship Hero, Remote **Senior Relationship Coach**

 (619) 602-5771

 Ckloha7@gmail.com

 [LinkedIn](#)

 [Art Website](#)
[Mastery Mindset Website](#)

EDUCATION

June 2019
University of California-San Diego, La Jolla, CA
Bachelor of Arts, Visual Arts Media (Photography), GPA: 3.429/4.0

July 2021
National University, La Jolla, CA
Masters of Arts, Sports and Performance Psychology, Honors: magna cum laude (GPA: 3.857/4.0)

RELEVANT SKILLS

Leadership
Creative Problem Solving
Team Building
Communication
Digital Marketing

- I meet with clients daily to help create a game plan that allows them to improve on or resolve their relationship issues (i.e., break ups, couples coaching, communicating with a partner, personal growth edges, etc.)
- Through professional training and continuous learning from external sources as well as my co-workers and supervisor, I have been developing and growing my skills as a coach in guiding my clients and helping them reach their goals. Skills include anxiety management, emotional regulation, reframing, communication, and more.

September 2019–September 2020 | AmeriCorps & South Bay

Community Services, San Diego, CA

Volunteer Outreach Ambassador/Food Distribution Site

Supervisor

- I recruit and train volunteers for various programs relating to domestic violence, child development (preschool-high school), food distributions, and more.
- I improve the infrastructure at my partner site (South Bay Community Services) through adjusting, organizing, and updating old and new documents within the volunteer department.
- At South Bay Community Services, I am a team leader in various projects such as our “Hope for the Holidays” event that raised over \$61,000 to serve over 1,000 children.
- I lead as a Food Distribution Site Supervisor on top of my Volunteer Outreach Ambassador duties. Monday through Thursday, I assist the Food Distribution site leads in anything from packing bags, setting up the distribution, assigning job duties, managing staff, cleaning up the site, etc. I directly lead my team of staff and volunteers in the Wednesday Distribution.

Present | San Diego, CA/Remote

Artist

Amazon Product Advertising Design

- I collaborate with the business manager to understand what they are looking for to advertise their products, and I come up with designs and drafts in a timely manner.
- For each image, I pay attention to detail when photoshopping to ensure the best quality for each picture.

Stickers for Non-Profits

- **2020:** Using Adobe Illustrator and Photoshop, I created stickers for BLM (Black Lives Matter) Movement during the pandemic to help spread awareness and donate proceeds to various BLM organizations. This was set up similarly to the ocean stickers.
- **2022:** Using Adobe Illustrator and Photoshop, I created stickers for the CA oil spill, donating half of the proceeds to 4 different non-profits: Pacific Marine Mammal Care, Marine Mammal Care, Surfrider, and Wetlands Wildlife Care Center. I made a total of \$510, donating \$255, split amongst the organizations.

Adobe Cloud (Photoshop, Lightroom, Illustrator, PremierPro, AfterEffects, InDesign)
Painting/Drawing
Canva
Microsoft Office
Slack
Adaptability
Empathy
Time Management
Positivity
Reliability

PERSONAL PROJECTS

January 2022–June 2023 |

University of California, San Diego, San Diego, CA / Remote
Leader in “Tritons Lead for Life”

- My intention with this program is to effectively prepare student-athlete seniors for their transition out of college and sport in focusing on their career, social, physical, and mental/emotional well-being. Regardless of how big or small the transition is, it's always helpful to have a conversation and a plan for the successes and obstacles that come post college. I want to bring an awareness of what to expect, while also providing tools and skills for this transition. I want these student-athletes to feel strong and supported while navigating the opportunities and possible directions that will allow them to live their best life.