

MONICA THUNELL



CONTACT

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EDUCATION

Master of Public Health
Des Moines University,
Des Moines, IA |2011

**Bachelor of Science in
Public Health**
Utah State University
Logan, UT |2008

ACHIEVEMENTS

**Gates Millennium
Scholarship**
(2003-2011)

**Utah State University
Multicultural Scholar
Program**
(2004-2005)

**Utah State University
Education Opportunity
Scholarship**
(2003-2007)

SUMMARY

Program manager, educator, and entrepreneur with expertise in program development, overseeing health education initiatives, and cross-cultural collaboration. Skilled in budget management, public speaking, and customer relations, with fluency in Spanish (reading, writing, and translation). Passionate about travel and experiential learning and its role in shaping character, fostering growth, and expanding perspectives through real-world experiences.

PROFESSIONAL EXPERIENCE

Adjunct Instructor

Utah State University, Logan, UT | 2020 - 2022

- Taught a course designed to enhance personal wellness by addressing social, physical, spiritual, and emotional dimensions of health.
- Developed and delivered instructional materials that encouraged students to apply strategies for improving personal health behaviors.
- Facilitated self-reflective learning opportunities to support student development.

Health Promotion Specialist

Bear River Health Department, Logan, UT | 2008 - 2019

- Developed, implemented, and oversaw community health programs, demonstrating strong program management skills.
- Liaised between BRHD Health Promotion and the Spanish-speaking community, enhancing cross-cultural communication and outreach.
- Organized and directed the Northern Utah Hispanic Health Coalition, building and managing a broad network of community stakeholders.
- Planned and executed large-scale health education initiatives, including substance abuse prevention, injury prevention, women's health, and food and safety programs.
- Negotiated contracts with government and funding partners to facilitate program delivery.
- Delivered health and safety group presentations and one-on-one education for diverse populations.

- Managed program budgets, tracked financial expenditures, and ensured compliance with financial policies.
 - Oversaw community outreach efforts, working closely with governmental and nonprofit organizations to expand program reach.
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ENTREPRENEURIAL EXPERIENCE

Co-Owner

Total Tree Care | 2022 - Present

- Participate in high-level decision-making, including strategic growth planning, financial planning, and employee and risk management.
- Develop and implement customer feedback mechanisms to assess service quality and enhance operations.

Co-Founder & Co-Owner

Rapid Progression Kayak School | 2009 - Present

- Co-founded a successful outdoor recreation business specializing in kayak instruction.
 - Assisted with business strategies, managing finances, and marketing initiatives to grow the company.
 - Coordinated and scheduled courses, managing class enrollments and customer inquiries.
 - Successfully transitioned business ownership in 2024, selling a portion of the company.
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SKILLS AND QUALIFICATIONS

- **International Experience:** Leadership in programs supporting diverse populations, facilitating cross-cultural communication and extensive experience with personal and professional travel within and outside of the U.S., including international travel with the SEED program.
- **Budget Management:** Proven ability to develop and oversee budgets, including drafting funding proposals and managing renewals of health education programs. Effectively tracked expenditures, ensured compliance with financial policies, and optimized resources to sustain and enhance program operations.
- **Risk Management & Compliance:** Demonstrated proficiency in assessing and addressing health risks for injury and disease across multiple programs at the BRHD. Provided prevention strategies and education and determined appropriate interventions to mitigate risks and ensure compliance with recommendations.
- **Strategic Networking & Relationship Building:** Experience cultivating partnerships with community leaders, government agencies, and other stakeholders.
- **Public Speaking & Training:** Proven ability to present complex information in an engaging and informative manner in mass community settings, classrooms, and one-on-one.
- **Fluent in Spanish:** Strong bilingual communication skills for working with diverse populations, with the ability to read, write, and translate proficiently.
- **Technical Proficiency:** Advanced knowledge of Microsoft Office Suite (Word, PowerPoint, Excel), social marketing, and community outreach tools.