

Zan (Alexandra) Puig

Health Coach

(504) 450 9829 / iknowzan@gmail.com

EDUCATION

Dr. Sears Institute of Health 2017

- Adults and Senior Health Coach

The Creative Circus 2011-2014

- Copywriter

Tulane University 2005-2009

- Bachelor of Arts in Communications 2009

- Relevant Scholarships: Founders Scholarship, '05, '06, '07, '08

EXPERIENCE

22 Squared Tampa/ April- September 2016

Junior Copywriter

- Worked on Publix, Capital One and Shoe Carnival

- Honed my skills for writing radio spots and digital work.

HAVAS Worldwide Chicago/ April 2015- April 2016

Junior Copywriter

- Worked on Citibank, Liberty Mutual and Cracker Barrel

- Learning the ins and outs of financial/ Insurance language and direct mail- with a radio spot thrown in.

DDB Chicago Launchpad/ January- March 2015

Copywriter Intern

- Worked on State Farm, Capital One, Kohler, Mars and more

- Sold work for State Farm and La Quinta!

Bourbon Orleans Hotel, New Orleans, LA/ 2011

Public Relations/ Concierge/ Front Desk

- Guest services representative, worked to enhance the guests experience and resolve guest issues

- Employee of the Month in July 2011

Lebanon's Café, New Orleans LA/ 2008-2011

Server/ Human Interaction Observer

- Improved communication skills

COMMUNITY SERVICE

Tulane Outreach (New Orleans, Louisiana) / 2005-2009

- Painted and cleaned a damaged home for children with mental disabilities

- Restored and reorganized an art gallery damaged by Hurricane Katrina

Pioneer Valley Nursing Home (Pine Valley, WI)/ Summer 2000

- Assisted the elderly with daily health activities

- Coached those disabilities on ways to maintain their health and independence