

Objective

To help clients develop and execute an effective communications strategy through media training, specializing in virtual communications.

Communications Experience Highlights

Principal, Stage Harbor Communications

- Help businesses and individuals develop key messaging and prepare for successful interactions with news media
- Train executives and employees how to be effective and engaging in a virtual environment
- Developed e-RAVE™, a proprietary eLearning course on presenting virtually

Communications Consultant

- Prepare political candidates for televised debates, print and on camera press interviews
- Craft corporate messaging, strategize and execute external communications
- Interact, pitch, and shape stories with members of the press, both trade and traditional media
- Develop and maintain social media platforms

Television News Anchor/Reporter/Writer

- Reported live on national and local events in major U.S. cities
- Researched, wrote and produced news stories in high pressure environment under tight deadlines

On-camera spokesperson/moderator/actor

- Merck Pharmaceuticals – moderated webinars
- HGTV- hosted two primetime television shows relating to the home and garden industry
- Various television commercials, training videos and television shows

Work History

- Principal, Stage Harbor Communications, *New York City Metro* Current
- Corporate media trainer, Astra Zeneca Pharmaceuticals, *Wilmington, DE* Current
- Communications Director, Obsitnik for United States Congress, *Connecticut* August 2012-December 2012
- Communications Director, Shays for U.S. Senate, *Connecticut* October 2011-August 2012
- News Anchor, News 12 Connecticut, *Norwalk, CT* 2003-2011
- Anchor/Reporter, WTTG Fox 5, *Washington, D.C.* August 2000-June 2003
- Reporter, KRIV Fox 26, *Houston, TX* September 1999-July 2000
- Anchor/Reporter, WGME News Channel 13, *Portland, ME* August 1997-September 1999
- Associate Producer, ABC NewsOne, *Chicago, IL* December 1996-August 1997

Education

B.A. American History, Wellesley College, Wellesley, MA