

Ryan Stevens, MPS, ATC, CSCS

(315) 382-6708
RStevensATC@Gmail.com

Facebook|Instagram|Twitter: @cATalyzingATs
www.cATalyzingATs.com

Education:

Pennsylvania State University, University Park:

Bachelor of Science - Kinesiology, Athletic Training Option (Class of 2003)

State University of New York at New Paltz:

Masters of Professional Studies - Humanistic/Multicultural Education (Class of 2008)

Certifications/Advanced Courses:

- BOC Certified Athletic Trainer
- NSCA Certified Strength and Conditioning Specialist
- BLS For Healthcare Provider
- Specialty Educational Training: Interpersonal Relationship Development, Public Speaking, Business Strategies, Leadership, Advanced Communications, and Marketing training via Dale Carnegie Training Systems, National Fitness Business Alliance, Simon Sinek, Inc., High Reliability Organization training, and various other mediums.
- National Provider ID #1679618706
- New Jersey & Pennsylvania Licensure - Athletic Training (25mt00157800 NJ | RTO000250 PA)

Snapshot of Professional Skills and Experience:

- **Leadership/Program Management & Development:** Uniquely trained in advanced areas of leadership and interpersonal skills via Master's Degree and various other leadership and communications curriculums. Currently manage growing sports medicine services for two hospitals with 30 outreach athletic training partnerships, operations, process improvement, and marketing/relations for four physical therapy clinics, and previously a hospital-based fitness coaching service. From 2/21-7/21 and 12/21-present, serve as RWJBH COVID-19 Vaccine Megasite Staffing Lead, overseeing clinical staff onboarding, scheduling, and team communications. Developed framework, policies, and care standards for 10 athletic training programs (five high schools, three middle schools, one college, one public safety) in entities with no previous AT services. Previously led a team of 40 across 13 locations (Athletic Training and Performance Fitness–Coordinated Health) and served as Vice President of a community-based start-up fitness business (O-PA!).
- **Public Speaking/Marketing/Public Relations:** Highly-regarded dynamic public speaker and educator; Manage growing professional social media outlets, e-marketing, and blogs; organize, coordinate and deliver many engaging educational programs for medical professionals, student-athletes, workplace employees, and the general public. RWJBarnabas Health Regional Wellness Champion, National Fitness Court ambassador
- **Athletic Training and Fitness/Wellness Coaching:** 18 years' expertise as a certified athletic trainer and certified strength & conditioning specialist delivering skilled sports medicine care and human performance coaching across a spectrum of settings.

Career History:

- **RWJBarnabas Health (RWJ University Hospital Somerset/Hamilton):** Manager – Athletic Training & Physical Therapy (Jan 2018-Present)
- **cATalyzing Athletic Trainers:** Founder & lead cATalyst, host of The cATalyzing Podcast for Athletic Trainers (2019-Present)
- **RWJBarnabas Health (RWJ University Hospital Somerset):** Clinical Supervisor of Athletic Training and Wellness (April 2016-Dec 2017)
- **Coordinated Health:** Athletic Training and Human Performance Supervisor (Oct 2015-April 2016)
- **O-PA! Performance Academy:** Vice President/Head Performance Specialist (Sept 2014-June 2015)
- **RWJ University Hospital Somerset:** Athletic Trainer/Fitness Coach (Feb 2010-Aug 2014)
- **Millbrook Orthopedic and Sports Physical Therapy:** Athletic Trainer, School Outreach Program Coordinator, Marketing Assistant (Aug 2006-Feb 2010)
- **The Culinary Institute of America:** Head Athletic Trainer (Sept 2007-Jan 2010)
- **The State University of New York at New Paltz:** Assistant Athletic Trainer (Aug 2005-May 2006)
- **Internships/Practicums:** Syracuse University (Jan 2004-Mar 2005), Chicago Bears (Jul-Sept 2003), Woodward Action Sports Camp (Summer 2003), Juniata College (Summer 2002), Harrisburg Senators Minor League Baseball Club (Summer 2001), Penn State University: (1999-2003)

Additional information and references located on LinkedIn Profile: www.linkedin.com/in/rstevensatc

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My “Why”:

“I embrace challenge and growth opportunities, positioning me to help others recognize, achieve, and celebrate their potential.”

My Vision:

“To lead comprehensive, purposeful community-based healthcare delivered through interdependent collaboration, building resilient, healthier communities.”

My Mission:

“Demonstrating empathetic leadership, critical thinking, optimism, and open-mindedness, I maintain responsible independence and effective interdependence as a proactive leader of the workplace team.”

My “Hows”:

- I value my **leadership** skills, coaching and supporting others towards **achieving their best**.
- I am **dependable, accountable, and adaptable**, prepared to take on any responsibilities and obligations placed upon me.
- Through **mindfulness, reflection, attention to detail, and objectivity**, I seek to resolve problems and have a clearly-articulated reason for all decisions I make, keeping in mind both **short- and long-term outcomes**.
- I strive for **continuous improvement**, both personally and as a part of a team, maximizing my strengths and working hard on any areas which need improvement.
- I remain **empathetic**, seeking first to understand before trying to be understood. I value being **inquisitive, accepting suggestions, and learning from others**, thus the experience of others is an excellent resource for me.
- I demonstrate **optimism** and a strong **sense of humor**, for hope, a smile, and laughter can be quite the powerful tool in many situations.