

## Steven James — Motivator, Advocate, Optimist, Survivor

*Two-time kidney transplant recipient positioned to serve as a patient advocate and motivational speaker. Deliver a message of hope: living your best life and maintaining a positive attitude against all odds.*

Experienced presenter comfortable speaking to small and large groups. Spoke at the National Kidney Foundation's Annual Conference, delivered motivational presentations to patients in hospital dialysis units, and advocated for transplantation and organ and tissue donation. Frequently called on by physicians to share experiences and adverse effects from medication, serving as a "go-to" resource for patients, physicians, and advocacy groups. Maintained personal training certification and 12 hours in the gym a day throughout treatment phases, demonstrating unyielding resolve to live a healthful life. Returned to school after second transplant to complete degree and launch next phases of career and life as a patient advocate and motivational speaker.

### EDUCATION...

University of Cincinnati, Cincinnati, Ohio [2010]

**Bachelor of Business Administration  
Minor in Public Relations & Marketing**

### Certified Personal Trainer

### EXPERIENCE...

Elite Fitness, Cincinnati, Ohio [1999-2007]

### Partner/Personal Trainer

Built and launched a private fitness studio specializing in personal training, managing a thriving business capturing clients through word of mouth and referrals. Created the administrative and operating infrastructure, working in concert with a long-time friend to ensure complete, accurate, and compliant records and reports. Cultivated loyal relationships with clients, building lifelong connections based on personable nature and exceptional service.

- Launched and operated a successful personal training studio, securing strong annual revenues to maintain the business and fuel growth.
- Balanced a demanding schedule of five-times-daily peritoneal dialysis with 12 hours in the gym training clients and maintaining own fitness.

YMCA, Cincinnati, Ohio [1997-1999]

### Fitness Coordinator

Oversaw the group fitness, personal training, and youth programs, providing members and guests with a plethora of health and fitness options to meet their needs. Personally worked with members to help them achieve their physical fitness goals while supervising peers in training a diverse client base.

- Coordinated wellness events and programs, increasing member participation through design of targeted and engaging offerings.
- Communicated effectively with a wide spectrum of individuals, working with athletes to participants in the Active Older Adults group.

OFFICE: 513.123.4567  
CELL: 513.234.5678  
EMAIL: STEVEN@STEVENJAMES.COM  
MAIL: 1 FIRST AVENUE  
CINCINNATI, OHIO 55555

### INVOLVEMENT...

#### YNOTT? Foundation

*Motivate and advocate for the needs of children waiting for transplants.*

#### Kappa Kidney Camp

*Mentor children attending this weeklong camp who are transplant recipients or dialysis patients, keeping their spirits high through fun activities and shared interests.*

#### Nationwide Children's Hospital

*Worked with Children of Organ Transplant Donation to set up donor drives to cover a bone marrow transplant for a young boy. Mentored patient to help him stay positive during his journey.*

### PRESENTATIONS...

Cincinnati Children's Hospital ['10]

University of Toledo — Keynote ['09]

NKF Annual Conference ['09]

Capital University ['08, '09]

Cleveland Clinic ['08]

Nationwide Children's Hospital ['03, '04]

### FEATURED IN...

*Toledo Blade* ['09]

*Urban Fitness Talk Radio* ['09]

*Independent Collegian* ['09]

Mike Reeves Ministry Show ['09]

National Geographic Films ['08]

*The Columbus Dispatch* ['07]

WBNS 10TV ['04]

OSU Medical Center Documentary ['03]



*Select engagements  
& media partners...*

ONE MOMENT...

ONE JOURNEY...

ONE LIFE...