

## HIGHLIGHTS

- [PhD candidate](#), School for Conflict Analysis and Resolution, George Mason University
- [Contributor](#) on Huffington Post
- Author of book chapter, Building a Foundation for Diplomacy through Sport: Iran and United States Case Study in *Case Studies in Sport Diplomacy*
- 11-time U.S. National Champion and world medalist in Traditional Karate
- Athlete Ambassador for American Amateur Karate Federation (AAKF) and Shirzanan organization
- Led several successful martial arts and conflict resolution workshops with international youth groups via collaborations with the SportsUnited office, United States Senate, and [Jeb Stuart High School](#) (Falls Church, Virginia)
- Produced best-practices handbook for President's Council on Fitness, Sports & Nutrition
- Project lead for inaugural "[Sports and Peacebuilding](#)" Symposium at the United States Institute of Peace
- Co-organized and raised funds for a "[Martial Arts-Conflict Resolution Workshop](#)", supported by actor and social activist, Joaquin Phoenix
- Served in public affairs role at sports and research oriented institutions over the past 10 years
- Languages: Persian (Spoken: Advanced, Written: Intermediate, Read: Intermediate), French (S/W/R: Beginner)

## EXPERIENCE

<b>Professor</b> 9/2017-Present	<b>George Mason University</b> <ul style="list-style-type: none"><li>▪ Instructing and designing undergraduate level courses on intersection of sport, conflict resolution and diplomacy.</li><li>▪ Assisting in the growth and promotion of the University's new minor, Sport and Conflict Resolution, the first of its kind.</li></ul>	<b>Fairfax, VA</b>
<b>Contributor</b> 03/2017-Present	<b>Huffington Post</b> <ul style="list-style-type: none"><li>▪ Regular contributor on a range of issues related to sport, athlete activism, and marginalized groups.</li></ul>	<b>Online Platform</b>
<b>Curriculum Designer</b> 10/2014-5/2016	<b>Jeb Stuart High School</b> <ul style="list-style-type: none"><li>▪ Lead curriculum designer and instructor of Traditional Karate-Conflict Resolution program for students.</li><li>▪ Leveraged strong communication and intercultural skills in instructing a diverse group of 40 ESOL students between ages 15-19 (null to intermediate level of English proficiency).</li></ul>	<b>Falls Church, VA</b>
<b>Graduate Research Assistant</b> 09/2012-05/2015	<b>School for Conflict Analysis and Resolution, George Mason University</b> <ul style="list-style-type: none"><li>▪ Research and develop reports on emerging conflict resolution/peacebuilding/dialogue-related topics.</li><li>▪ Co-directed initiative to create comprehensive school-wide publication system through interviewing student body and faculty to gather, analyze, and report on findings.</li><li>▪ Assisted with the organization and continuity of formal mediations within Fairfax County.</li></ul>	<b>Arlington, VA</b>
<b>Fellowship</b> 1/2014-6/2014	<b>President's Council on Fitness, Sports &amp; Nutrition, Office of Health and Human Services</b> <ul style="list-style-type: none"><li>▪ Researched and produced best practices handbook to support Council members in furthering PCFSN's mission and those supporting Michelle Obama's Let's Move! Initiative.</li></ul>	<b>Rockville, MD</b>

<b>Intern</b> 8/2013-12/2013	<b>Senator Tim Kaine (D-VA), United States Senate</b>	<b>Washington, DC</b>
	<ul style="list-style-type: none"> <li>▪ Entrusted with responsibility to research, report on, and recommend policy on an ongoing and relevant issue - sexual assault on college campuses.</li> <li>▪ Developing briefing experience by attending those related to foreign policy, such as US-Mexico.</li> <li>▪ Leveraging strong organizational skills to categorize constituent mail, petitions, and letters.</li> <li>▪ Utilizing and honing communication skills with constituents whose perspectives on current issues are important to the Senator's positions and policies.</li> </ul>	
<b>Public Relations Coordinator</b> 05/2006-Present	<b>Japanese Shotokan Karate Association International</b>	<b>Mclean, VA</b>
	<ul style="list-style-type: none"> <li>▪ Boosted membership rates by 25% by cultivating and sustaining client relationships and utilizing social media tools: website design, Facebook, YouTube, Twitter.</li> <li>▪ Increased organization's effectiveness in organizing national events – attendance ranging from 100 to 500 participants.</li> <li>▪ Utilized productive outreach skills to plan, execute, and manage recruiting events at various target locations and venues in Northern Virginia.</li> <li>▪ Demonstrated expertise in comprehensive curriculum design skills through creation of training/teaching manuals applicable to various age groups.</li> <li>▪ Provide efficient administrative support through website design/maintenance, paperwork processing, data entry, contact maintenance, and design and distribution of social media packages.</li> </ul>	
<b>Outreach and Development Coordinator</b> 10/2011-09/2012	<b>Center for World Religions, Diplomacy, and Conflict Resolution, George Mason University</b>	<b>Arlington, VA</b>
	<ul style="list-style-type: none"> <li>▪ Utilized thorough research and networking expertise to identify, target and prepare grants.</li> <li>▪ Provided website feedback and potential designs/structures that align with Center's mission and objectives.</li> <li>▪ Increased awareness, membership rate, and promotional tools for study abroad courses offered by the Center.</li> </ul>	
<b>Sport Diplomacy Manager</b> 07/2011-03/2012	<b>Institute for Multi-Track Diplomacy</b>	<b>Rosslyn, VA</b>
	<ul style="list-style-type: none"> <li>▪ Utilized knowledge and creativity to develop sport for diplomacy/peace programs that promote IMTD's systems based approach to resolving conflict.</li> <li>▪ Applied efficient managerial skills to direct and manage projects and their developments, such as 'Sport for Diplomacy Idea Bank' and the 'Integrated Sport and Conflict Resolution' (ISCR) Program (emphasis on women's development in sports).</li> <li>▪ Implemented communication and public relations expertise to build, develop, and grow business relationships vital to success of projects and the Institute.</li> <li>▪ Demonstrated effective interpersonal skills throughout workflow – hiring, coaching and mentoring, motivating, and supervising team members.</li> </ul>	
<b>Research Assistant</b> 12/2008-01/2011	<b>United States Institute of Peace</b>	<b>Washington, DC</b>
	<ul style="list-style-type: none"> <li>▪ Led development and coordination for USIP's inaugural "Sports and Peacebuilding" Symposium (80 invited guests): proposal writing, attaining budget, identifying and assessing objectives, researching field/key players/guests, administering day-to-day operations.</li> <li>▪ Researched, wrote, and revised content of distance learning online courses on conflict management for the Academy for International Conflict Management and Peacebuilding; 150-200 students successfully completed courses per week.</li> <li>▪ Researched, developed, and created processes for translating courses into different languages- i.e. course content from English to Farsi for USIP's Conflict Analysis certificate course.</li> <li>▪ Exercised specialized knowledge of Middle East to write culturally-focused strategies for increasing awareness of translated courses.</li> <li>▪ Resolved customer service issues as a result of exceptional ability to promptly manage concerns and satisfy Distance Learning clientele.</li> </ul>	

## EDUCATION

### **Ph.D., Conflict Analysis and Resolution, In progress**

George Mason University, School for Conflict Analysis & Resolution  
Focus: conflict resolution, sport diplomacy, curriculum design

### **M.S., Peace Operations Policy, 2008**

George Mason University, School for Public Policy  
Focus: peace interventions, failed state assessment, intelligence analysis in policy

### **B.S., Communication, 2006**

George Mason University, College of Humanities and Social Sciences  
Focus: intercultural communication, public relations, business management minor

## ADDITIONAL INFORMATION

### ***Workshops/Authorship:***

- 12/2017  
United States Department of State: Conducted self-defense workshop for group of teenagers visiting the United States from Papa New Guinea.
- 10/2017  
World Learning Organization: Led discussion and training workshop on the utilization of martial arts for intra/inter-personal growth with sport coaches from North Africa.
- 2017  
Authored book chapter, Building a Foundation for Diplomacy through Sport: Iran and United States Case in *Case Studies in Sport Diplomacy*.
- 1/2017  
SportsUnited: Led workshop at George Mason University for group of Tajik athletes and coaches regarding conflict resolution methods
- 10/2016  
Krakow, Poland: Invited as an American panelist at the 2<sup>nd</sup> Scientific Budo Conference to discuss the use of martial arts for educational/conflict resolution purposes in the United States.
- 01/2015  
Center for Sport, Peace and Society at the University of Tennessee: conducted an empowerment-themed workshop for female martial artists from Tajikistan.
- 11/28/2013, 03/04/2013  
World Learning Organization: developed and conducted workshop for youth groups - Israeli and Palestinian, and Turkish - on how skills attained through sport and traditional martial arts can empower individuals to become leaders.
- 07/24/2013  
National Council of Youth Sports: led a martial arts demonstration for congressional staffers and public to highlight the importance of sport in youth development. Special emphasis on "scholar-athlete" connection.
- 03/29/2013  
Muhammad Ali Center: presented original work on the nexus and effectiveness of athletes striving to create social change.
- 06/07/2012  
US Department of State: led workshop on traditional martial arts for 15 Taekwondo youth practitioners from Iraq.

- 10/07/2011, 10/09/2011  
US Department of State: designed and executed two workshops at George Mason and Georgetown University integrating martial art and conflict resolution for 12 female martial arts coaches from Tajikistan.
- 03/2011-06/2011  
Excel Academy: karate teacher at Washington, DC's first all-girls charter school.
- Fall 2010  
George Mason University: Guest speaker on the Sport for Development and Peacebuilding (SDP) field.

### ***Travel/Other Activities:***

- Study abroad: Israel/Palestine, Center for World Religions, Diplomacy, & Conflict Resolution (2012); Haiti, GMU-United Nations Stabilization Mission in Haiti (MINUSTAH) (2009)
- 2002 – Present Martial arts instructor at the Japanese Shotokan Karate Association International (JSKA Int'l)
- 2012 – Present Sport Diplomacy Consultant, Institute for Multi-Track Diplomacy
- 2003 – Present USA Traditional Karate Team, American Amateur Karate Association (AAKF)
- 2003 – Present International medalist, Traditional Karate
- 2015 – Present Athlete Ambassador, American Amateur Karate Federation
- 2015 – Present Athlete Ambassador, Shirzanan
- 2013 – 2015 Faculty-PhD Student Liaison, School for Conflict Analysis and Resolution, George Mason University
- 2013 – 2015 Advisory Board member, Center for Sport Management, George Mason University
- 2012 – 2013 Host of Sport and Peace: Scholar-Athlete Initiatives (video podcast), School for Conflict Analysis and Resolution, George Mason University
- 2009 First American female athlete to place 2nd at the Traditional Karate World Cup
- 2006 – 2016 Eleven-time US National Karate Champion, American Amateur Karate Federation