

## **Melissa Lopez, BS**

Achievement Coach, Family Economic Security Program (FESP)

### **Education:**

Southern Connecticut State University

- Bachelor of Science, Communication

### **Advanced Training:**

Yale University School of Medicine's "Qualitative Research Coding and Analysis" Training

### **Certifications:**

National Institutes of Health – Protecting Human Research Participants Certification

School Library Journal –Tackling Information Poverty Certification

NH Child – Professional Learning Community Certification

### **Recognitions:**

NH Child Teacher Appreciation Spotlight – NHPS Cohort 2020 -2021

### **Additional Language(s):**

Spanish

### **Professional Interests:**

- To provide excellent academic, financial, and career coaching.
- To provide an encouraging, empathetic, and confidential environment for students.
- To create true equity and help deliver it to every student.
- To continually keep learning and growing as a FESP Achievement Coach.

### **Approach to Coaching:**

As a FESP Achievement Coach, I like to create a welcoming and supportive environment for students. Whether we are working together to reach their academic, career, or financial goals, I aim to help students feel empowered to take a proactive approach towards their own education. I understand that each student is unique and will have different needs. As a FESP Coach, I am prepared to assess a student's individual needs in order to help them navigate their academic journey.

### **Approach to Wellness:**

Throughout the years I have adapted to a more holistic approach to Wellness. By learning to address the needs of my own mind, body, and spirit, I have become more intentional and awake to how I live my life on a day-to-day basis. After much study and practice, I have learned to assess and pinpoint what I need on any given day. Whether that means taking time to journal, walk in nature, make a green smoothie, or meditate in prayer, it is something that has made a positive impact on the way I live my life.

### **Myers Briggs Identifiers:** Protagonist Personality (ENFJ-A)

Protagonists take a genuine interest in other people, approaching them with warm sociability and a helpful earnestness that rarely goes unnoticed. Altruistic careers like social and religious work, teaching, counseling, and advising of all sorts are popular avenues, giving people with the Protagonist personality type a chance to help others learn, grow, and become more independent.

<https://www.16personalities.com/enfj-careers>