



## Suzie Glassman

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suzieglassmanmedia

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Castle Rock, CO 80109

### SUMMARY

I'm a journalist with a passion for education policy, school board governance, and the growing influence of national politics in local decision-making.

I'm a journalist at heart who loves interviewing clients and experts to unveil compelling stories that make readers want to know more. In addition to my daily reporting, my work has appeared in U.S. News, WIRED, Parents, Health, Insider, SheKnows, Triathlete, and more.

Hire me and you'll hire a passionate team member ready to work

### SKILLS

- News writing
- Reporting
- Content marketing
- Proofreading
- Expertise in Health and Wellness
- SEO experience
- Interviewing experts

### EXPERIENCE

#### NewsBreak Denver, Education Reporter

Castle Rock, CO

April 2022 to Current

- Write 3-4 articles per week covering Colorado education and the Douglas County School District
- Develop sources
- Break news ahead of the competition
- Respond to national education policy and stay ahead of trends

#### Freelance Content Writer

Castle Rock, CO

Self Employed/ May 2020 to Current

- Studied industry best practices for SEO and content strategy.
- Drafted posts and comments to engage audiences on social media platforms, including Facebook, Instagram and Twitter.
- Authored strategic content using appropriate tone and language to meet objectives.
- Liaised with clients to determine content vision and specific needs.
- Performed in-depth research into topics to write clear and accurate copy.
- Worked in Skyword to produce and submit work.
- Successfully pitched editors on story ideas and delivered work ahead of schedule.

#### Fitness Coach

Extreme Human Performance Mar 2020 to Current

- Created individualized training programs to address specific patient needs and health problems.
- Worked with clients to set goals and track individual fitness progress and changes.
- Consulted with clients to define personal health needs, formulate effective fitness, nutritional or rehabilitation plans and improve overall well-being.
- Guided clients on proper nutrition and exercise habits.

#### **Nutrition Coach**

Eat to Perform Aug 2015 to Mar 2020

- Calculated nutritional requirements to assess adequacy of diet and nutrition support.
- Gathered data, assessed nutritional statuses and provided nutrition counseling for hundreds of clients based on individual needs, including nutrient requirements, medical issues and economic and social situations.
- Analyzed clients' eating habits, outlined areas for improvement and developed goal plans with ideal life changes to support wellness.

### **EDUCATION AND TRAINING**

#### **MBA: Marketing**

Texas Christian University Dec 2002

Fort Worth, TX

#### **Bachelor of Science: Journalism**

Texas Christian University May 1999

Fort Worth, TX

### **WEBSITES, PORTFOLIOS, PROFILES**

- <https://original.newsbreak.com/@suzie-glassman-561249>
- <https://suzieglassman.net>
- <https://suzie-glassman.medium.com/>
- <https://twitter.com/suzieglassman>
- <https://www.linkedin.com/in/suzie-glassman-8596aa1a5/>