

**Alexandria (Allie) K. Bradian**  
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(609) 254-9577 • bradianperformance@gmail.com

**Education**

**UNIVERSITY OF WESTERN STATES**

Master of Science, Clinical Mental Health Counseling

Portland, OR  
Oct '23 – Present

**UNIVERSITY OF WESTERN STATES**

Doctorate of Education, Sport and Performance Psychology

*Dean's List '20-'23*

Portland, OR  
July '20 – March '23

**FORDHAM UNIVERSITY GRADUATE SCHOOL OF ARTS AND SCIENCES**

Master of Science, Cell and Molecular Biology

Bronx, NY  
Aug '16 – Aug '18

**FORDHAM UNIVERSITY**

Bachelor of Science, Biology (Pre-Medicine)

*Dean's List '15, '16; Fordham Athletics Honor Roll (3.0 GPA or higher) '13-'16;*

*Senior Athlete Academic Achievement Award (3.5 GPA or higher upon graduation)*

Bronx, NY  
Aug '12 – May '16

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**Professional Experience**

**BRADIAN PERFORMANCE GROUP, LLC**

***Owner | Mental Performance Coach | Private Softball Coach***

Mullica Hill, NJ / Lake Worth, FL

Aug '18 – Present

- Design and deliver tailored mental skills training programs for athletes across a range of sports, emphasizing key mental competencies (i.e., motivation, self-awareness, emotional regulation, stress management, concentration, and self-confidence).
- Conduct sport psychology sessions with parents and coaches, enhancing athlete support for optimal sport and life outcomes.
- Provide comprehensive softball training encompassing fielding, throwing, hitting, baserunning, game strategy, and enhancing players' softball IQ.
- Oversee and execute marketing strategies, including creating marketing materials, curating website content, managing advertisements, spearheading social media campaigns, and orchestrating direct mail initiatives.

**UPPER ECHELON ACADEMY**

***Professional Tutor***

Wellington, FL

Oct '20 – Present

- Offer tutoring services in Biological Sciences, Psychology, Math, and Spanish to K-12 and college student-athletes.
- Design adaptable lesson plans that accommodate students' commitments to intensive sports (e.g., equestrian sports, gymnastics) while ensuring academic success.
- Recognized and tailored approaches based on the individual learning styles and needs of student-athletes to optimize performance.

**SAINT THOMAS UNIVERSITY**

***Mental Performance Intern***

Miami Gardens, FL

Aug '22 – May '23

- Facilitated mental skills and leadership development programs for the women's soccer, women's tennis, and men's tennis teams.

**PALM BEACH STATE COLLEGE**

***Mental Performance Intern***

Lake Worth, FL

Aug '22 – May '23

- Conducted mental skills training and teamwork sessions for the women's indoor volleyball / beach volleyball and baseball teams.

**FORDHAM UNIVERSITY**

***Teaching Fellow***

Bronx, NY

Aug '16 – May '18

- Developed and organized weekly lesson plans for Biology I/II Laboratory sessions.
- Presented scientific topics in an accessible and relatable manner to improve student understanding and retention.
- Prepared laboratory materials and demonstrated specialized lab techniques.

***Tutor***

Aug '15 – May '18

- Provided tutoring in Biological Sciences and Psychology to student-athletes via Fordham Athletics Academic Advising.
  - Assisted student-athletes in balancing the demands of Pre-Medicine studies with sports commitments.
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## Research Experience

### ROTHMAN ORTHOPAEDIC INSTITUTE

Cherry Hill, NJ / Sewell, NJ / Philadelphia, PA

#### *Orthopaedic Research Fellow*

Aug '18 – July '19

- Spearheaded multiple concurrent research projects in collaboration with surgeons from Rothman Orthopaedic Institute and residents from Rowan University School of Osteopathic Medicine, ensuring their organization and successful completion.
- Engaged daily in clinical and surgical settings, interacting closely with clinical staff, medical professionals, and study participants.
- Handled data collection, maintained IRB submissions, and contributed to the writing, editing, and submission of abstracts, manuscripts, and peer-reviewed articles.

### FORDHAM UNIVERSITY

Bronx, NY

#### *Graduate Researcher*

Aug '16 – Aug '18

- Investigated the intracellular trafficking of Human papillomavirus (HPV) and Porcine circovirus type 2 (PCV2).
- Demonstrated proficiency in utilizing and instructing on cellular, molecular laboratory techniques, and microscopy.
- Oversaw lab operations encompassing organization, procurement, and scheduling.

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## Publications

Bradian, A. K., McDowell, C. M., Cheesman, Q. T., Saini, S. S., Nicholson, K. J., Tjoumakaris, F. P., & Austin, L. S. (2021). The effect of state legislation on opioid prescriptions following arthroscopic rotator cuff repair. *Orthopedics*, 44(1), e80–e84. <https://doi-org.uws.idm.oclc.org/10.3928/01477447-20200928-01>

Bradian, A. K., Nugent, R. E., Cheesman, Q. T., & Austin, L. S. (2021). Improvements in sexual function following arthroscopic rotator cuff repair. *Journal of Shoulder and Elbow Surgery*, 30(3), 652–657. <https://doi-org.uws.idm.oclc.org/10.1016/j.jse.2020.06.017>

Bradian, A. K., Theosmy, E. G., Cheesman, Q. T., Radack, T. M., Lazarus, M. D., & Austin, L. S. (2020). Opioid-free arthroscopic rotator cuff repair. *Orthopedics*, 1–5. <https://doi-org.uws.idm.oclc.org/10.3928/01477447-20201216-03>

## Presentations

Bradian, A., Castillo, S., Meir, G., Leibovitz, A., Korb-Fallon, A.J., & Davis, Q. (2023) Featured Sponsor Session: Learn about University of Western States' (UWS) Sport and Performance Psychology and Clinical Mental Health Counseling programs. Presented at the Association for Applied Sport Psychology Conference, 19 October, Orlando, FL.

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## Professional Memberships

Association for Applied Sport Psychology (AASP)

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## Activities and Volunteer Experience

### JOURNEY CHURCH

Lake Worth, FL

#### *Church Volunteer*

Jan '22 – Present

### CALVARY HILL CHURCH

Glassboro, NJ

#### *Assistant Youth Group Leader*

Jan '19 – Jan '20

- Lead groups of youth church members in the development of their faith weekly

### FORDHAM UNIVERSITY SOFTBALL - NCAA DIVISION I

Bronx, NY

#### *Athlete*

Aug '12 – Jan '17

- Dedicated over 30 hours weekly, honing a robust work ethic, adaptability, resilience, and team collaboration skills.
- Four time Atlantic-10 Conference Champions and competed at Regional Level ('13, '14, '15, '16)
- Volunteered with Team IMPACT and in the local Bronx community soup kitchens, schools, and churches

### STUDENT ATHLETE ADVISORY COUNCIL (SAAC)

Sept '13 – May '15

- Discussed NCAA codes of conducts and marketed events and fundraising initiatives for Fordham Athletics

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## References

**Sarah Castillo, PhD, CMPC** - University of Western States Sport and Performance Psychology Program Director

- **Email:** scastillo@uws.edu

**Vincent A. Lodato, LCSW, CC-AASP** - University of Western States Adjunct Professor; Tampa Bay Rays Consultant; Arizona Coyotes Director of Mental Wellness and Player Performance; *CMPC Mentor*

- **Email:** vlodato@uws.edu      **Phone:** 813-997-1931

**Patricio I. Meneses, PhD** - Fordham University Associate Professor & Interim Associate Dean; *Principal Investigator for MS degree*

- **Email:** pmeneses@fordham.edu      **Phone:** 718-817-3656