

SEASON HATHAWAY



OBJECTIVE

Dedicated advocate for women's rights, equity, and community support, seeking a position on the Monterey County District 2 Commission on the Status of Women. Passionate about eliminating discrimination and fostering inclusive policies that empower women in all aspects of life.

EXPERIENCE

RECLAIM FITNESS LLC, PRUNEDALE

FOUNDER & OWNER

OCTOBER 2020 - PRESENT

- Establish and operate a business focused on postpartum fitness and maternal health, providing education and support to women navigating postnatal recovery.
- Advocate for inclusivity and realistic fitness approaches, countering harmful societal expectations surrounding women's bodies.
- Create and facilitate workshops on postpartum recovery, strength training, and holistic health for mothers, addressing systemic gaps in postpartum care.
- Manage online and in-person communities that fostered support, education, and encouragement among women navigating various life stages.
- Partner with community organizations such as Parenting Connection, Birth Network of Monterey, Raíces y Cariño and the Monterey Peninsula Regional Parks District to provide accessible fitness and wellness programs for women in our community.

MOTHER

MONTH 2017 - PRESENT

- Full-time caregiver and advocate for two children, balancing parenting responsibilities with professional and community leadership.
- Gained firsthand insight into the challenges faced by mothers, including navigating healthcare systems, advocating for children's education, and fostering a nurturing home environment.
- Developed strong problem-solving, time management, and multitasking skills while prioritizing family needs and professional endeavors.
- Actively involved in child development, education, and extracurricular activities, ensuring a supportive and enriching upbringing.

COMMUNITY INVOLVEMENT AND ADVOCACY

AMERICAN YOUTH SOCCER ORGANIZATION (AYSO) REGION 256

REGIONAL COACH ADMINISTRATOR

AUGUST 2019 - PRESENT

- Provide leadership and administrative support for youth soccer programs, promoting equitable access to sports for children of all backgrounds.
- Support coaches in creating an inclusive and empowering environment for young athletes, encouraging leadership and teamwork.
- Creating an area-wide initiative to specifically support female coaches within AYSO to help increase female youth participation.

EDUCATION

OCCIDENTAL COLLEGE, LOS ANGELES

BA IN BIOLOGY, MINOR SPANISH LITERATURE

GRADUATING CLASS OF 2011

NATIONAL ACADEMY FOR SPORTS MEDICINE

CERTIFIED PERSONAL TRAINER

WITH CERTIFICATION IN PRENATAL AND POSTPARTUM FITNESS FROM GIRLS GONE STRONG AND MOMMASTRONG.

MAY 2019

REFERENCES

Alan Villareal - AYSO Region 256, Regional Commissioner

[REDACTED]

[REDACTED]

Olivia Davalos - Personal Training Client

[REDACTED]

[REDACTED]

Nora Yerena - Raíces y Cariño Community Collective, Founder

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